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\$30M deficit back on HRM's agenda

BUDGET Councillors will return to the table today to discuss HRM's \$30.4-million budget gap for the upcoming fiscal year.

The deficit was brought before council Feb. 23 in a report delivered by Cathie O'Toole, HRM finance director.

Discussions were to be continued the following week, but the issue was shelved so councillors could debate HRM's policing situation behind closed doors.

The report recommends service reductions and tax hikes as possible solutions for the deficit.

METRO HALIFAX

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SCAN LIFE
WHAT'S THIS BARCODE FOR?

Find out on the Local page.

Celebrity Buzz pg 30

Neeson is 'heroic': Director



Canada pg 5

Public service benefits safe

On the web
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Standoff False alarm



A member of the Halifax Regional Police's emergency response team heads into an apartment building at 14 Churchill Ct. last night in Dartmouth. Police believed a 16-year-old youth barricaded himself in an apartment with a loaded handgun, but the situation they encountered in the apartment wasn't quite what they expected. **Story, page 4**

Centre a 'no-brainer'

Mayor ups pressure on province to back downtown development

PAUL MCLEOD
paul.mcleod@metronews.ca



"We need to not lose focus and make sure the place gets built."

HRM Mayor Peter Kelly

Though often one to mince words, Mayor Peter Kelly isn't holding back on pressuring the province to help build a new convention centre in Halifax.

Kelly said yesterday it would make no sense to let the centre die for the sake of what he estimates to be \$30 million to \$50 million. "This is one that's a no-brainer," Kelly said. "We need to not lose focus and make sure the place gets built."

The province is still deliberating on whether to support the 1.4-million-square-foot facility estimated to cost between \$300

million and \$350 million.

But Kelly said that figure includes the private company costs of an 18-floor hotel, 14 floors of class A office space, a floor of retail stores and an event plaza. He said the government tab for two floors of convention centre space would be in the \$100-million to \$130-million range.

Split evenly between the three levels of government, he said the bill would come to \$30 million to \$50 million each. Nothing to sneeze at, but Kelly

said it makes financial sense when you look at increased convention revenue and spinoffs like heightened property value. "It's a lot of money to lose as well, if it's not built," he said.

"It's extremely important. We have to make sure we keep our eye on the ball for the future." The province will decide April 19 whether to move ahead with the Argyle Street development.

One question mark that remains is the federal

stake. Nova Scotia Infrastructure Renewal Minister Bill Estabrooks said last week there has been no federal commitment of cash.

Atlantic Canada Opportunities Agency spokesman David Harrigan said yesterday his agency wouldn't be involved.

"Just the sheer size of the project would mean it wouldn't be something we'd be getting involved in," he said. "It's just well beyond our programming."

As a public-private partnership, the centre would likely qualify for funding from Infrastructure Canada, but whether it would be enough to foot one-third of the bill isn't known.

Assault trial to proceed despite long delays

JUSTICE The trial of a former Nova Scotia businessman facing 36 sex-related charges will proceed after a judge threw out the defence argument there have been too many delays in the case.

Joseph Kennedy, chief justice of the Nova Scotia Supreme Court, said in his written decision yesterday that Ernest Fenwick MacIntosh is largely responsible for the slow pace of his trial because he didn't voluntarily return to Canada to face the charges.

MacIntosh was accused by RCMP in 1995 of engaging in sex acts with six boys between 1970 and 1977 in a number of communities in eastern Nova Scotia and Cape Breton.

Kennedy notes MacIntosh didn't quickly return to Canada from India after an RCMP officer informed him of the charges in 1996.

In his decision, Kennedy notes MacIntosh "knew he had big trouble in Nova Scotia," but waited for authorities to go through lengthy extradition procedures.

MacIntosh spent 13 years in India before he was arrested in April 2007. He was extradited to Canada two months later and remained in custody until April 2008, when he was released on \$60,000 bail.

The six complainants in the case have been separated into two groups and MacIntosh is facing two separate trials.

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Local



Skilled-trades facility coming to NSCC

Premier Darrell Dexter announced the province will construct a new \$6-million facility at Nova Scotia Community College's Marconi campus in Sydney. Dexter said the new skilled-trades wing will house five programs, including a new combined metal fabrication. The premier's office said the two-storey building will feature shop space, classrooms, offices and a green design meeting Leadership in Energy and Environmental Design (LEED) standards. Marconi principal Dave MacLean welcomed the state-of-the-art facility for Cape Breton.

CAPE BRETON POST

Woodlawn Library prepares for move

BRANCH The Woodlawn Library closed the doors to its current location Sunday as staff prepare to move the branch's materials to its new location.

The new branch is expected to open in mid- to late April at the former Cineplex site off Portland Street in Dartmouth.

Halifax Public Libraries spokeswoman Marlo MacKay said yesterday patrons can still return books via the current location's book-drop slot until March 31, but the doors will remain closed while books and equipment are packed and moved.

No returns will be accepted at the new location until it opens, and no specific date for the opening has been set.

After March 31, books can be returned to any other branch of Halifax Public Libraries. MacKay noted that the closest branches to the current Woodlawn site are Cole Harbour and Alderney Gate.

METRO HALIFAX

Armed robbery at Lake Echo store

CRIME Halifax RCMP responded to an armed robbery at a convenience store on Highway 7 in Lake Echo over the weekend.

Police say three males entered Clarks Convenience store on Saturday at 9:30 p.m., with two of the suspects carrying sawed-off shotguns.

Police say all three men wore gloves and bandannas over their faces and threatened the store employees.

The suspects made off with an undisclosed amount of money and cigarettes. Police say they fled the store in a white vehicle, possibly a Grand Am-type car, west on Highway 7.

METRO HALIFAX

Police searching for flasher

Suspect wanted in four incidents, including one at Dalhousie

ALEX BOUTILIER
for Metro Halifax

Police are searching for a man accused of exposing himself to four women in separate flashing incidents in Halifax on Sunday night.

One of the incidents took place on the grounds of Dalhousie University, according to school spokesman Billy Comeau. At about 6:50 p.m., Comeau said a female student encountered a man exposing himself in the parking lot outside of Fountain House at Howe Hall off Coburg Road.

Comeau said the student immediately contacted campus police, who then proceeded to notify Halifax Regional Police.

This was the first reported incident in a string of four that took place near Dalhousie between the area of Coburg and Jubilee roads over three hours.

"In three of the four cases, young females reported coming across an individual who either had exposed himself or proceeded to expose himself," said police spokesman Const. Brian Palmeter. "No words were exchanged, there was no physical contact, (but) in at least one of the cases the man began masturbating."

Palmeter said in all four cases the man, described as being in his early 20s with brown hair and approximately six feet tall, quickly fled the scene.

In one case, he was seen fleeing into a teal-coloured vehicle described as boxy, possibly an older-model



A woman walks by Fountain House at Howe Hall on the Dalhousie University campus yesterday. Halifax Regional Police are investigating four incidents of someone flashing themselves in the city on Sunday evening, including outside the student housing hall off Coburg Road.

Dalhousie warns students

• In light of Sunday night's flashing incident on campus, Dalhousie University sent out a security bulletin to students yesterday advising them of what took place. This is the second time in less than a week Dalhousie has emailed a

security bulletin to students. The other came last Thursday, one day after a Dalhousie student was allegedly dragged into an alley in between two homes by a man on South Street, which is a block away from the school.

Volvo.

Palmeter said police are asking for the public's assistance in tracking down the man.

Dalhousie student Ali-

son Taylor, 21, said yesterday news of this flashing makes her feel uncomfortable, but it doesn't surprise her.

"There's been a lot of in-

cidents like that lately," she proclaimed. "Some don't even get reported ... Some people have had flashers in their driveway, or men masturbating outside their houses."

Taylor, who lives just off campus near South Street, doesn't think the incidents will change her walking habits. She also said Dalhousie is generally a safe campus.

"(But the incident) makes you think more about it, for sure," she said.

Norovirus fears force another ban on visitors

QEI As one unit opens, another closes.

Still scrambling to contain an outbreak of norovirus in HRM, Capital Health is lifting a visitor ban on one unit as it closes off another.

Nursing unit 6.2 at the Halifax Infirmary site of the QEII Health Sciences Centre will now be closed to visitors, except for compassionate reasons, after some patients fell ill with norovirus-like symptoms.

The ban is being lifted from unit 4.1, also at the Halifax Infirmary site. That ban took place eight days ago after four patients and one staff member became ill. A nursing home in

Musquodoboit Harbour had its visitor ban lifted last week.

Symptoms of norovirus, often known as Norwalk, include sudden onset of nausea, vomiting, diarrhea and stomach cramping.

METRO HALIFAX

Bridge collision gnarls up traffic

COMMUTE Traffic was ground to a halt on parts of the MacKay Bridge yesterday afternoon after a Dartmouth-bound car was involved in a four-vehicle accident just after 4 p.m.

According to Halifax Regional Police spokesman Const. Brian Palmeter, no one was seriously injured in the accident, which cause traffic tie-ups on the commute home.

Tow trucks and paramedics were dispatched to the scene, but no one had to be transported to hospital.

METRO HALIFAX

Fiery single-car crash claims life of passenger

SHELBY MCDONALD
for Metro Halifax

DEATH The RCMP are investigating a fatal accident early yesterday morning near Sheet Harbour that engulfed a car in flames and claimed the life of an 18-year-old male passenger.

Police say the single motor-vehicle accident took place around 3:48 a.m. on

Highway 224 in Beaver Dam.

Police say a 2000 Pontiac Sunfire vehicle was travelling southbound toward Sheet Harbour when it came upon a sharp turn and the 19-year-old driver lost control of the vehicle.

The vehicle went over a bank and caught fire.

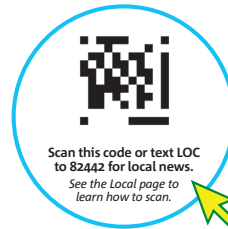
Police say the driver escaped and tried to free the 18-year-old passenger but failed.

Police say the vehicle became engulfed in flames and the 18-year-old died at the scene.

Police spokesman Cpl. Joe Taplin said yesterday when fire officials arrived at the scene of the accident, the car had been fully engulfed and the victim was dead. He added it's been determined alcohol wasn't a factor in the crash.

The driver was taken to

hospital with what are believed to be non-life-threatening injuries.



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News in brief

FUNDING The Nova Scotia government is helping a firm that specializes in investment risk expand in Halifax with a six-year payroll rebate of more than \$1.4 million. Castle Hall Alternatives will also receive up to \$150,000 from the province for training. The government says as many as 50 new positions will be created through the expansion. Castle Hall Alternatives helps identify and manage hedge-fund risks for its clients.

THE CANADIAN PRESS

A forest fire in Guysborough County has forced the evacuation of several homes. Residents of a subdivision in Little Dover were told to leave Sunday night. There's been very little rain over the past two weeks and conditions are very dry. HRM has already placed a ban on open fires. **THE CANADIAN PRESS**

Arrest made after weekend assault

ALEX BOUTILLIER
for Metro Halifax



DARTMOUTH A weekend assault that sent a 51-year-old Dartmouth man to hospital stems from teenagers on the victim's property, according to police.

Police say they received reports of an assault on Irvine Street in south-end Dartmouth just after 5:30 p.m. on Sunday. Police found the victim, who was beaten with a piece of wood, upon arriving on the scene.

He was transported to the QEII Health Sciences Centre with serious but non-life threatening injuries.

"(The) individual came across a group of youths

on his property and when he made an inquiry to them, he was assaulted," alleged police spokesman Const. Brian Palmeter.

According to Palmeter, it doesn't appear to police the man took an aggressive stance toward the youth on his own property.

"This guy didn't really do anything."

Const. Brian Palmeter

"This guy didn't really do anything," Palmeter said. "(There is) nothing to indicate he did anything, that he threatened (or) challenged them really."

A 14-year old male appeared in Halifax Provincial Court yesterday for one charge of aggravated assault. He was released on \$50 bail, and will make another appearance on April 8.

A second male is being sought by police in relation to the incident.

No charges in 'standoff'

Police raid Dartmouth apartment after report of teen with gun

PHILIP CROUCHER
philip.croucher@metronews.ca



A male youth won't be facing charges after police believed the 16-year-old was in possession of a handgun and had possibly barricaded himself in his Dartmouth apartment.

In the end, the youth didn't have a handgun — it was a pellet gun — and he wasn't inside the fifth floor apartment at 14 Churchill Ct., where more than a dozen officers descended for the potential standoff situation.

"We had to treat this very seriously. We had to take the information very seriously," Halifax Regional Police spokeswoman Theresa Rath said after the ordeal ended around 8 p.m. last night.

Police felt they were dealing with a more serious situation as at just before 4 p.m., they received a report from a female inside the apartment who claimed the youth was in possession of a handgun. Rath said the adult family friend wasn't threatened by the youth, but "feared for her safety."

Police say the woman left the apartment and called police, who arrived on scene and attempted several times to make contact with the youth, who they felt could still be inside and alone with a gun.



A member of the Halifax Regional Police's emergency response team gets his gear ready before he heads into an apartment building at 14 Churchill Ct. last night in Dartmouth. More than a dozen officers descended on the building for a potential standoff, believing a teen was inside with a loaded gun.

Rath said they had conflicting reports from family members over whether the youth may be inside the apartment or had gone somewhere else before they arrived.

The police's emergency response team was on scene for several hours along with crisis negotiators. At 7:45 p.m., officers

entered the apartment, but around the same time, the youth contacted his parents to let them know he was at a different location and wanted to turn himself in.

He agreed to meet police and his parents at a parking lot on nearby Caledonia Road.

"We wished he would have contacted his parents sooner because it would have allowed us to clear

this up a lot sooner," Rath said. "But we're just glad it has ended peacefully."

Rath said when police found a pellet gun when they searched the apartment.

After more than an hour in custody, police issued a release saying the youth wouldn't be facing charges and the parents had "relinquished the pellet gun to police for destruction."

News in brief

FEDERAL SENTENCE A young woman's "out of control" behaviour during the past several months has earned her a federal prison sentence. Melissa Dawn Chisholm, 18, of Trenton was handed a sentence of three years and seven months yesterday in New Glasgow provincial court. She must also pay more than \$22,000 in restitution for property damage she caused between last summer and

early this year. Most notably, she is one of five implicated in a violent home invasion Jan. 7 in Egerton, where one man was stabbed in the back and several others beaten. She had also been charged on separate occasions last year with possessing a stolen bank card, another instance of assault and for stealing a vehicle in New Glasgow for a joyride.

NEW GLASGOW NEWS

Judge reserves sentence for fraudster

COURT The Crown is seeking a sentence of two to three years in prison for a former employee of World Source Financial Management on eight charges of fraud.

The Crown also wants Timothy MacDonald to pay a minimum in restitution to his victims of just over \$294,000.

Judge Del Atwood reserved a decision on sentencing for the 39-year-old former financial adviser until April 12 in provincial court in Truro.

The defence wants a conditional sentence of two years less a day to allow MacDonald to work so he can pay his victims, or two years in prison

with no restitution.

MacDonald, formerly of nearby Masstown, pleaded guilty last month to stealing from eight victims between 1999 and 2009.

When the charges were filed in January, police said the total amount involved exceeded \$331,000.

THE CANADIAN PRESS

Porter Airlines adds Moncton to flight plan

TRAVEL Porter Airlines says it will introduce service between Ottawa and Toronto to Moncton, N.B., starting June 25.

Passengers will be able to travel non-stop from the Greater Moncton International Airport to Ottawa.

Flights between Moncton and the Toronto City Airport will include a brief stop in Ottawa.

Moncton joins Halifax and St. John's as Porter's third Atlantic destination.

In a statement, the airline says one-way fares between Moncton and Ottawa will begin at \$149, with fares between Moncton and Toronto starting at \$129, plus fees and taxes.

THE CANADIAN PRESS

Province not offering bounties on coyotes this year

WILDLIFE There will be no coyote cull in Nova Scotia this year.

The Department of Natural Resources said that bounties have been tried across North America, but they've always been unsuccessful in reducing

coyote populations.

Most recently, a bounty was initiated in the province in 1982 and was removed in 1986 when it was determined to have had no impact on the population.

Instead, local Depart-

ment of Natural Resources offices should be contacted where nuisance wildlife is creating a concern for human safety, destruction of property, or a diseased or injured animal is found.

NEW GLASGOW NEWS

Groups unite for World Water Day

ENVIRONMENT A coalition of organizations is calling on the Darrell Dexter government to act now on provincial water issues.

Oxfam Canada and Eulogy Action Centre are among eight organizations calling themselves the "Turn on the Tap and Ditch the Bottle" coalition. The group used yesterday, which was World Water Day, to urge Dexter and his government to act now on the issue.

The coalition has provided several short-term options for the provincial government that they say won't cost anything and will protect Nova Scotians' right to clean, safe water.

They include banning the sale of bottled water in all provincial government facilities, where tap water is available, and adopting a "Right to Water" bill, will they say will help protect the public distribution of water. **METRO HALIFAX**

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Google to beef up Canadian Street View

Google is expanding its popular Street View mapping service to "nearly all of the country," and is heading back for a re-shoot of Windsor, Ont. Starting next week, Google will spend the next few months photographing streets in cities and towns in all provinces and territories, the company announced yesterday. **METRO NEWS SERVICES**

5

Canada



Metro shares Earth Hour tweets

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers.

@ThatNumberGuy: "Going to start with an eco-resolution of buying myself a reusable water bottle to avoid the waste plastic water bottles bring."

Send your Earth Hour tweets to @metrohalifax.

METRO NEWS SERVICES

London, Ont. **But I'll keep my day job...**



William Rollings wipes a tear from his wife, Bonnie Preece, 49, a part-time supermarket cashier, of London, Ont., who won \$20.6-million in a Lotto 6-49 draw, in Toronto yesterday. Preece had one of two winning tickets for Saturday's jackpot. She says she has no plans to quit her job.

Ontario town tops cyber crime survey

Quebec residents appear to be among the least susceptible to cyber crime while citizens of Burlington, Ont., were the most susceptible in a list of Canada's most vulnerable big cities, according to a report by security software maker Symantec.

The company used recorded incidents of cyber crime and per capita data on Internet access and computer spending to determine which of Canada's 50 largest cities rank most at risk for online threats like identity fraud.

Burlington was ranked the most vulnerable overall with the most security incidents, per capita, in three of four threat categories.

At-risk cities

• The top 10 most-vulnerable cities on the list also included: Port Coquitlam, B.C., Langley, B.C., Vancouver, Calgary, Markham, Ont., Toronto, Kelowna, B.C., and Kitchener, Ont.

Burlington had the worst rates of: computers infected by malware programs, attempted infections, and rates of computers being hijacked to send out spam.

Burlington was second worst behind Victoria, B.C., in the fourth category: having a computer co-opted into a so-called botnet, a global network of

computers that carries out attacks.

Symantec says higher per capita access to the Internet — through home connections and WiFi hotspots — increases the risk of a city's computers being targeted. Affluent suburb Oakville, Ont., was ranked as sixth most vulnerable because of high rates of Internet access and computer spending, even though the city was 25th in incidents of cyber crimes.

Montreal had the highest ranking of Quebec cities on the list, at No. 25, while seven other Quebec cities rounded out the bottom of the list in places 44 through 50.

THE CANADIAN PRESS

No cuts to public benefits, Day says

POLITICS Treasury Board President Stockwell Day says the government will not cut benefits to the public service.

The minister told a House of Commons committee there will be a discussion around pensions with union leaders, but generally benefits will not be affected.

Day says he doesn't want to cut benefits because "members have paid for these benefits."

But he left open the possibility that the public service would be made smaller through attrition.

In beginning his testimony,

Day said the government can balance the budget in five years without counting on extraordinary growth in the Canadian economy, or tax increases.

The minister is being called "Dr. No" because of his assignment to control spending.

THE CANADIAN PRESS



As spring nears, drivers and cyclists return to uneasy relationship.

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Coulter cautioned on remarks

FREE SPEECH Even before she opened her mouth for the first of three speeches this week on Canadian soil, American right-wing antagonist Ann Coulter had already scored a victory of sorts.

Coulter, who was to speak at the University of Western Ontario last night, received a pre-emptive and private caution about the limits of free speech in

Canada from the provost of the University of Ottawa, where she's appearing today.

The letter was immediately leaked to select conservative news media organizations, with Coulter telling one such organization that the university was "threatening to criminally prosecute me for my speech."

THE CANADIAN PRESS

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Const. Robert Pughe, a police officer who responded to a fatal crash in Calgary between a school bus and a parked gravel truck, has told a judge that bus drivers shouldn't have access to iPods or cellphones. **THE CANADIAN PRESS**

Quebec Charest's playdate with Warner Bros.



Quebec Premier Jean Charest yesterday in Montreal announces an investment by Warner Brothers in a new facility to create video games. The new studio will grow to include more than 300 people by the end of 2015. This approach will facilitate the recruiting of new graduates for the Montreal studio and will maintain the labour balance in the Quebec video game industry, Charest said.

BQ leader calls Nazi tag 'stupid'

REMARKS Bloc Québécois Leader Gilles Duceppe says it is "plain stupid" for anyone to suggest he was using Nazi-era terminology to define his party's relationship with Canada.

And he wants an apology from the Conservative government for saying he was

comparing Canada to Nazi occupiers.

The Conservatives blasted the Bloc leader for telling party faithful in a weekend speech that they were part of a resistance movement that would one day win Quebec's sovereignty. **THE CANADIAN PRESS**

News in brief

BREAKTHROUGH Researchers have identified a genetic mutation that plays a key role in how children with choroid plexus carcinoma, a rare type of brain tumour, are likely to respond to therapy, a finding that should help doctors better tailor treatment to individual patients. **THE CANADIAN PRESS**

Porn charges dropped

Prosecutors cite Supreme Court in abandoning case

A Supreme Court of Canada ruling in a child pornography case last week prompted military prosecutors in B.C. to drop similar charges against a Canadian sailor yesterday.

Leading Seaman Travis Stansfield had been facing court martial on two counts of possessing child pornography and one of accessing pornography while serving aboard the HMCS Calgary in the Persian Gulf in 2008.

But prosecutor Maj. Benoit McMahon told a military court yesterday in Esquimalt, B.C., that there is little or no expectation of

conviction in light of the high court's ruling last Friday.

In that case, the Supreme Court tossed out the conviction of a Saskatchewan man on charges of possessing child pornography, saying his rights were violated by an unreasonable search of his home computer.

Stansfield's defence lawyer, Lt. Mark Letourneau, said he'd been raising objections for months about the conduct of military investigators in his client's case.

Stansfield has been the subject of an administrative

review as well as the criminal charges, but a military spokesperson said it's not yet clear whether that review will proceed.

Military police said at the time the charges were announced that the alleged offences did not involve the use of any military computer system.

Last week, the high court quashed the 2005 conviction of Urbain P. Morelli in a ruling that threw out a "carelessly drafted" and "misleading" RCMP search warrant that led to unreasonable search and seizure.

THE CANADIAN PRESS

Canadian soldier succumbs in Alberta hospital

AFGHANISTAN A Canadian soldier who was injured in Afghanistan earlier this month has died in an Edmonton hospital.

The military says Cpl. Darren James Fitzpatrick died at the University of Alberta Hospital on Saturday as a result of his wounds.

Fitzpatrick was critically hurt by an improvised explosive device during a foot

patrol west of Kandahar city on March 6.

Improvised explosive devices, or IEDs, have killed 85 of the 141 Canadian soldiers killed during the Afghan mission.

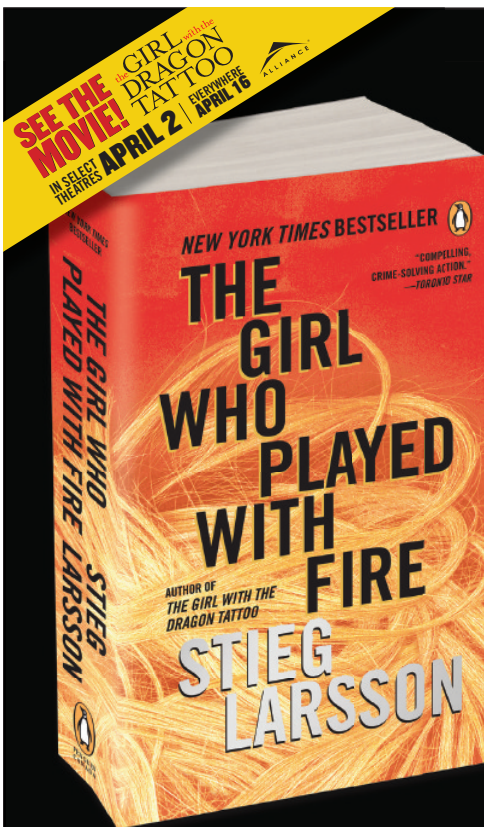


Cpl. Darren Fitzpatrick

The 21-year-old infantryman was from Prince George, B.C., and was on his first operational tour. He is the 141st soldier to die since Canada's mission began in Afghanistan.

Fitzpatrick was a member of the 3rd Battalion, Princess Patricia's Canadian Light Infantry based at CFB Edmonton.

THE CANADIAN PRESS



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"BELIEVE THE HYPE." —PEOPLE

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UN rejects weakening ban on ivory sales

Conservationists scored a rare victory at a UN wildlife meeting yesterday when governments voted to reject contentious proposals by Tanzania and Zambia to weaken the 21-year-old ban on ivory sales over concerns it would further contribute to poaching. **THE ASSOCIATED PRESS**

World



Sandstorms worsen in China

Northern China's spring sandstorms blew in with particular ferocity over the weekend, bringing misery to people working outdoors yesterday in Beijing and across a wide swath of the country. "It gets in your throat, under your clothes, in your bed," said Beijing street sweeper Xue Yuan. "I hate it, but there's really nothing you can do." The storms are a product of worsening desertification in Inner Mongolia and other Gobi Desert regions hundreds of miles to the north and west of Beijing. **THE ASSOCIATED PRESS**

Health-care reform: Will it matter?

U.S. bill may be in doubt if Republicans win big in November midterms

U.S. President Barack Obama might have achieved a massive legislative victory with passage of his sweeping health-care overhaul this weekend, but the future of the bill remains in doubt with Republicans likely to win big in November's game-changing mid-term elections.

Top Republicans are vowing to kill health-care reform if they recapture control of Congress in eight months, a distinct possibility due to a lingering economic recession and a U.S. jobless rate that's expected to remain in the double digits for months to come.

In the immediate future, they're also threatening to hang up the bill indefinitely in Congress as Democrats attempt to push it through with a complicated parliamentary procedure called reconciliation.

"America has just witnessed an unconscionable abuse of power," Mitt Rom-

Calls for Pelosi's excommunication

• An abortion foe is demanding the excommunication of U.S. House Speaker Nancy Pelosi in a tiny protest in Rome outside St. Peter's Square. Randall Terry and six other protesters held placards a few metres away from the edge of



Pelosi

Vatican territory yesterday. Key to the health-care bill passage was an executive order signed by President Barack Obama affirming laws that ban federal funding for abortions except for rape, incest or danger to the woman's life.

ney, considered a frontrunner for the Republican presidential nomination in 2012, said in a statement yesterday.

"It is an historic usurpation of the legislative process — (Obama) unleashed the nuclear option, enlisted not a single Republican vote in either chamber, bribed reluctant members of his own party, paid off his union backers, scapegoated insurers, and justified his act with patently fraudulent accounting ... for these reasons and more, the

act should be repealed. That campaign begins today."

Even those of a less partisan bent say Democrats are in trouble in November.

"It isn't going to be a good year for Democrats even if there had not been this tremendous fight," Stephen Hess, a senior fellow at the Washington-based Brookings Institution and one-time aide to former president Richard Nixon.

"There are a fair number of seats in the House of Representatives that are basically Republican seats; there's

dozens of them and they have a good shot of getting them back, and then some. The Democrats have just passed a bill that's unpopular, and they're going to have to spend the rest of the year convincing people to like it. Republicans, on the other hand, look like they're on the side of the people."

The problem for Democrats, Hess added, is that there's not enough in the health-care legislation that will take effect right away. Few Americans will reap any immediate benefits from it.

Democrats disagree, releasing talking points yesterday that outline which citizens would immediately benefit. They include dependent children who can now remain on their parents' health insurance plans until the age of 26, and sen-

ior citizens who will get more help paying for drugs in Medicare.

Others point out that only represents a small number of Americans.

The economy, on the other hand, is something countless Americans are feeling personally, Hess said. "The economy hurts this president," Hess said. "Unemployment is still going to be very high in the fall. Maybe the president will get lucky and maybe economists will be wrong, but that's going to be the major issue, not health care." **THE ASSOCIATED PRESS**



Blaming attacks from "partisan operatives," ACORN disbands

Scan code or text ACORN to 82442 for more. Learn how to scan on the Local page.

Virgin carries out first space test flight

SPACE TOURISM Virgin Galactic's new space tourism rocket has been taken aloft over the California desert by a mother-ship aircraft on its first so-called captive-carry test flight.

Virgin Galactic says in a statement on its website that yesterday's flight at the Mojave Air and Space Port was successful.

The spaceship remained attached to the specially designed jet-powered mothership throughout the flight.

In the future, the spaceship will be launched from the larger aircraft, fire its rocket and carry passengers on a suborbital thrill ride into space before gliding to a landing — for about \$200,000 a ticket.

It's the second generation of the Burt Rutan-designed system that sent the first privately developed, manned rocket into space in 2004.

THE ASSOCIATED PRESS

Argentina Water Day goes green



Argentine artist Nicolas Garcia Urburu, accompanied by Greenpeace activists, throws a colouring substance in the Riachuelo River in Buenos Aires yesterday. Greenpeace's initiative to colour the polluted river was part of the group's actions to commemorate International Water Day.

News in brief

HAITI Former U.S. presidents George W. Bush and Bill Clinton toured Haiti's rubble-filled capital yesterday to raise aid and investment for a country still reeling from a devastating

Jan. 12 earthquake. It is the first joint visit to the impoverished Caribbean nation for the two former leaders, who were tasked by President Barack Obama with leading the U.S.

fundraising effort.

GUATEMALA Police say dozens of bus drivers clashed with authorities and used their vehicles to block access to the capital to demand better security.

Police spokesman Donald Gonzalez says that one bus driver was wounded by gunfire and 16 were arrested during yesterday's conflict.

THE ASSOCIATED PRESS

What the bill means

ELISABETH BRAW
Metro World News



WASHINGTON Two months ago, U.S. President Obama's health-care bill was virtually dead. While most Americans agree the country needed to reform its expensive and confusing health-care system, the legislators couldn't agree on how to do it. And in January, the Democrats lost their Senate super-majority when Massachusetts voters shocked the nation by electing a Republican to succeed liberal icon Ted Kennedy. Failing to fix the U.S. health-insurance system — where the government insures the elderly and the very ill, and employers are expected to insure their employees — is so difficult that every Democratic president since Harry Truman has tried and failed. But on Sunday night, Obama's key election promise came to fruition as House Democrats passed a \$940-billion US health-care reform that will provide health insurance to 32 million currently uninsured Americans. "This is what change looks like," said Obama, who will sign the bill after the House version has been approved by the Senate, which had previously approved a similar bill.

• The bill is expected to reduce the U.S. budget deficit by \$143 billion over the first 10 years.

• The bill provides health insurance to some 32 million Americans who are currently not insured, either because they can't afford the fees or because they're already ill.

• Insurance companies will not be allowed to drop customers when they get ill, and may not refuse to insure to children because they're ill.

• Insurance companies must allow children to remain on their parents' health insurance plan until they are 26. Currently, most insurance companies' age limit is 19.

• Ill, uninsured adults are eligible for insurance through a new program. The program will expire in 2014, when insurance companies have to start accepting customers who are already ill.

Comment & Views

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Comment

Landmark victory for progressives

NationalReport

Lawrence Martin

metronews.ca/nationalreport

Among developed nations, the United States has had a unique standing. It was the only one not to offer its citizens comprehensive health care. For decades the red-neck right blocked the

march toward civility.

Now the march has reached the destination. Health-care reform passed its major legislative hurdle Sunday and will likely be given the final go-ahead this week. The triumph comes courtesy of the sustained effort of Barack Obama.

It's a remarkable win. Following the Democrats' loss of former senator Ted Kennedy's seat in Massachusetts, it looked like health-care reform was dead. It looked as if Republican regressives were gaining momentum. The Sarah

Palin movement is essentially a reactionary one, one that preys on people's base instincts and base prejudices, a rebellion of sorts against enlightenment and erudition. With her down-home charm, her ability to connect, Palin turned her knowledge deficit into a political attribute. She's made it cool to be uninformed.

Through much of the last century, it has been the hard-line Republicans who led the drive against other social security advances, who were the holdouts on civil rights, who pushed for

handguns in every household. The health-care reform, the biggest social welfare advancement in decades, won't slow them much. It will give Rush Limbaugh and Glen Beck and Palin all the more reason to try to advance their backward agenda.

But for the moment the progressives lead the way. "Today is the day that is going to rank with the day we passed the civil rights bill in 1964," said veteran Democrat lawmaker John Dingell.

As a reflection of the polarization in American poli-

tics, not a single Republican voted in favour of the legislation. "This debate is not about the uninsured," said Devin Nunes, a California House member. "It is about socialized medicine. Today Democrats in this House will finally lay the cornerstone of their socialist utopia on the backs of the American people."

The legislation, Nunes forgot to mention, does not include a new government-run insurance plan like there is in Canada.

It won't be like the Canadian system, but it will

nonetheless enhance the American reputation on this side of the border. Given that one of the deterrents for Canadians moving south was their weak health-insurance system, it may even lead to an increased brain drain. But in the circumstances, that's tolerable. The important thing is progress. A president who can lead the United States to a higher place is on the move.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

A snapshot of the nature/nurture debate

InStep

Christine Williams

When artist Nina Maria Kleivan exhibited photos of her newborn dressed up as notoriously evil historic figures like Hitler, Stalin, Mao and Idi Amin, the castigating commentary that followed was predictable. Kleivan's baleful and shameless display of motherhood was a justifiable shock to our sensibilities.

What captivated my attention was Kleivan's contradictory line of reasoning about infant innocence and her peculiar way of raising the nature/nurture debate. Kleivan actually disgraced the innocence of her infant to illustrate that we are "born a blank slate," topping off the photos with a nude picture of her daughter, explaining that it was to reveal her innate innocence.

Her argument that "infants are born a blank slate" was a 17th-century theory by philosopher John Locke, who refuted innatism (that we are born with ideas) while asserting experience as the determinant in hu-

man development. With modern science, both nature and nurture have been found to interplay with one another. Genetic research has shown that people are wired with certain predispositions, even behavioural. This certainly does not mean that an infant can be evil. Choice determines outcome, which is indubitably influenced by nurture.

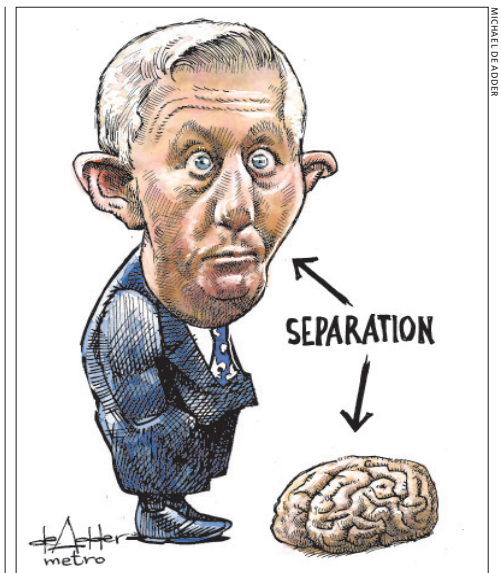
The sociopathic mental condition is a consummate example of the modern evolution of innatism, of which a strong genetic link has been established. Sociopaths are marked by their absence of conscience, amoral conduct, and inability

to feel guilt and remorse.

On a positive note, later studies have shown that sociopaths can be softened through environmental influences, implying that whatever our propensities, there is a light at the end of the tunnel with proper nurturing.

So, just to be safe, let's not sport our infants in a collection of homemade tyrant ware. Instead, let's keep up the great work of dressing our precious bundles with bows, bow ties and booties!

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.



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Melnik sells stake in Canadian pharmaceutical company

The founder of Biovail Corp, Eugene Melnyk, has sold "substantially all" of his holdings in the Toronto-area pharmaceutical company. According to a regulatory filing with the U.S. Securities and Exchange Commission, Melnyk sold about 9.6 million Biovail shares since Nov. 24. **THE CANADIAN PRESS**

9

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Television networks win in CRTC ruling

Those CTV and Global shows that come into your home courtesy of a cable or satellite company could soon hike your monthly bill — or possibly even go dark — following a landmark ruling on how money flows in the broadcasting system.

The TV networks won their fight yesterday before the country's broadcast regulator to negotiate a fee for their signal with cable and satellite

providers, who have never paid before for those transmissions.

But the Canadian Radio-television and Telecommunications Commission (CRTC) also wants the Federal Court of Appeal to review the new "value for signal" system before it kicks in.

And the Conservative government will have to decide whether it can live with the decision, or balk against the threat of

Increased bills

• The cable and satellite firms have already warned they'll pass extra costs on to consumers. "Consumers are going to see increased bills on monthly basis for access

to local programming, and that's the part that I find rather sad," said Mirko Bibic, Bell's senior vice-president of regulatory and government affairs.

increased costs for consumers by overturning it.

The broadcasters had warned that the future of

local TV programming depended on their getting a solid new source of revenue, with advertising dollars drying up and au-

dience numbers dwindling.

The cable companies posted an 11.9 per cent rise in revenues in 2009, a recessionary year.

If the court gives the green light, the industry and consumers will be in for a wild ride.

Suddenly, cable and satellite companies would be forced to negotiate with conventional broadcasters for payment to carry their signals.

CTV's corporate vice-president Paul Sparkes celebrated the commission's decision.

"They have recognized that there is value associated with the content that we produce, so we're very happy with that," said Sparkes.

"I'd like to thank the thousands of Canadians who wrote in to the CRTC in support of our position and in support of local television." **THE CANADIAN PRESS**

Bureau rejects amendments to rules governing real estate

RULES Changes to rules governing real estate services do not create more choice for home buyers and sellers, and instead give realtors a "blank cheque" to impose new anti-competitive rules, Canada's federal competition watchdog says.

The Canadian Real Estate Association loosened its rules yesterday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle details on their own, including negotiations with potential buyers. However the Competition Bureau said the amendments protect

CREA's ability to pass rules that could further restrict consumer choice, leading to reduced competition and higher fees. Commissioner of competition Melanie Aitken said in a statement the amendments do not remove existing roadblocks faced by realtors who want to offer a more flexible range of "a la carte" services.

"They are a step in the wrong direction. These amendments amount to a blank cheque allowing CREA and its members to create rules that could have even greater anti-competitive consequences."

THE CANADIAN PRESS

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Canada's Internet usage jumps ahead of TV watching: Report

TUBE Canadians are spending more time online than they are in front of their television sets, the first time Internet usage has jumped ahead of TV watching, a new survey by the Ipsos Reid polling firm suggests.

But they're still watching TV on their computers

as more shows migrate online, said Mark Laver, associate vice-president of Ipsos Reid.

"We're not necessarily watching less television," Laver said yesterday from Calgary.

"We're watching television in a different form in a

different medium. Some of that increase in Internet usage is coming from people watching shows online."

Overall, Canadians are now spending more than 18 hours a week online, compared with 16.9 hours watching television, says the Interactive Reid Report. Internet usage is up from 14.9

hours last year, while the number of hours watching television also rose in the last year, from 15.8 hours in 2009.

Usage of newspapers, radio and magazines have all remained relatively stable in the last year.

THE CANADIAN PRESS

In brief

DEBT German intransigence over bailing out Greece has raised the chances that the debt-laden country will be forced to turn to the International Monetary Fund for assistance, possibly by the end of this week, in an embarrassing setback for European political union. Greece has around \$27.1 billion U.S. of debt maturing over the next couple of months and the last thing it wants is to pay sky-high premiums to get support in the international bond markets.

BANKS The German government plans to introduce a levy on banks to ensure that they pay for the costs of any future crises, sparing taxpayers, officials said yesterday. Leaders of Chancellor Angela Merkel's coalition agreed that "banks cannot in future gamble at the taxpayer's expense," Volker Kauder, the parliamentary leader of her conservative bloc, told ZDF television.

THE ASSOCIATED PRESS

British Airways Strike continues



Protesters on the picket line gesture as a British Airways plane comes in to land at Heathrow Airport in London, yesterday. British Airways and the union representing its cabin crew are no closer to resolving a dispute over pay and conditions as a strike enters its third and busiest day.

Gas profits should rebound: Board

PREDICTION A prominent Canadian think-tank is predicting a rebound in natural gas profits in the coming year despite a dip in production.

The Conference Board of Canada says gas prices have nearly doubled in the past six months and are expected to be 36 per cent higher this year than they were in 2009.

The board says gas prices will average \$5.44 per thousand cubic feet, bringing pre-tax profits for the year to about \$5.9 billion and restoring them to near the levels experienced in 2008, when energy prices peaked then

collapsed.

The economic downturn sapped strength from the gas extraction industry in 2009, dragging profits down 65 per cent for the year.

The board says the price increase will be offset by a two per cent decline in production.

THE CANADIAN PRESS



Google attempts to end run around Chinese control with move to Hong Kong.

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Your Money

EDITOR: FERMIN.DESOUZA@METRONews.CA

Taking stock of your risk tolerance

Feel a slight pain in your chest while you're reading the stock pages or your RRSP statement? If the market has been sagging there's no coincidence. A recent preliminary study by researchers at Duke University discovered an increase in heart

attacks after the recession began deflating stock prices in December 2007. When the market turned around the incidence of heart attacks decreased.

This confirms something I've always believed; some of us simply aren't cut out for the rigors of being a stock market in-

vestor.

When the market is rising, as it has been steadily for the past year, everyone is a steely-nerved market pro. But when the market slides a surprising number of people head for the windows.

The market term for this emotional reaction to your

bottom line is risk tolerance. Advisers attempt to determine where you fit on the risk tolerance scale with a series of boilerplate questions. But it is an infernally difficult thing to measure, even for the most conscientious advisers. Certainly a handful of general questions aren't

going to reveal what investors often don't know about themselves — just how much risk can I handle?

Most people are less than half as brave as they think. If you believe you can tolerate 50 per cent of your portfolio in stocks or equity mutual funds held in RRSPs, RRIIs or non-registered accounts you should start with 25 per cent or less. You can always increase it but reducing your exposure after an anguishing market tumble is like shutting the barn door after the horses have bolted.

Also, I'm convinced that 10 to 25 per cent of investors are temperamentally unsuited to any stock market investment. They simply can't cope with the volatility, no matter what the potential gain.

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

You may be wondering why I'm bringing this up since the market has been so buoyant. Last week's rise in the Consumer Price Index signals the possibility of interest rate increases which historically tend to dampen the market.

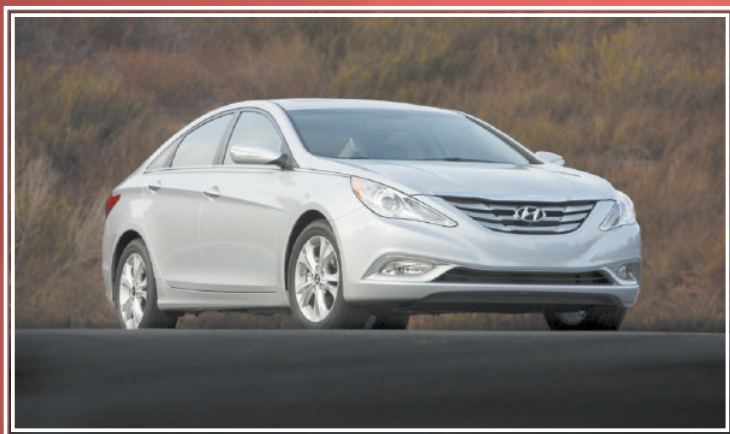
The Duke University study reveals that investing isn't just about the money. What good is a portfolio if you aren't alive to enjoy it?

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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Health fraud can put your life at risk

HEATHER BUCHAN
for Metro Canada

Unlike other types of fraud, health fraud can cost you more than just money — in some instances, such as unknowingly taking counterfeit or unapproved medication, it can cost you your life.

The Canadian Health Care Anti-fraud Association estimates health fraud costs Canadians \$5 billion to \$15 billion annually.

Health fraud is committed by both patients and health-care providers and includes a complex variety of activities, including bogus weight-loss schemes, bogus cancer cures, billing for services not rendered, billing for unnecessary treatment, malingering (exaggerating one's illness or injury to collect more benefits), selling drugs and devices that have not been proven effective, filling false claims and more.

Fraud Prevention

Protect yourself

- Keep your health card in a safe place to protect yourself from identity theft.
- Read your benefit and billing statements to ensure you received the treatments that claim to be performed.
- Question "miracle cures" or "breakthroughs."
- Check with your doctor before taking new medication.
- Check with a health-care professional before taking any new treatment.

Even if you haven't been directly defrauded, the few individuals bilking Canada's health system means less of your money is spent supporting health care. As CHCAA explains, \$15 billion can hire 20,000 new doctors and buy about 5,000 MRI machines.



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Continuing

Education

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Study tip

Take regular breaks. Don't try to study for hours on end — you'll just become tired and less productive that way. Study for 45 minutes or so, then take a break. Also be sure to try to get enough rest so you will be ready to concentrate when you want to study. Fatigue leads to poor learning and even poorer retention of information.

SIMPSON.EDU

Culinary skills focus of classes

RICHARD WOODBURY
for Metro Halifax

If the thought of making dinner makes you cringe, then you might want to consider signing up for one of the Atlantic Superstore's cooking classes.

"Our major goal is to take away the fear from food," says Tom Filippou, the executive chef of the

You can learn how to prepare and how to work with a product, such as lobster, at the Atlantic Superstore's cooking classes.



President's Choice Cooking School and director of national programming.

A grocery store can be a daunting place to navigate, with its thousands of products all waiting to be utilized for the perfect meal.

"Our whole idea was taking that product and showing folks how to work with it," says Filippou. "So if you've never bought a

lobster before or you've never tried a flank steak, there's your opportunity."

"You spend two hours in a class, get to



Executive chef Tom Filippou.

learn how to prepare and how to work with a product," he adds. "You get to take recipes home and you get to try it at home."

Filippou says one of the downsides in the past to taking the classes was that people had to sign up at

the customer service desks in store. With the recently launched website, pccookingschool.ca, people can pre-register online.

"You can pick your store and if you know there's a cooking school in that particular store, you can actually see what the offerings are," says Filippou.

Upcoming offerings include 3 Seafood Sensations, Country Comfort Food and National Prime Rib Day.

For those thinking about Easter, there will be an upcoming class devoted to getting ready for the big feast. Chef Mandy Christmas will help students with meals such as carrot soup



and roast pork with spring vegetables. For dessert, there'll be a white chocolate mousse parfait with strawberries. This class will take place at the Atlantic Superstore on Joseph Howe Drive next Tuesday. Currently, the site has listings for the next two months, but Filippou says they are working on

having them for the next four months.

Classes aren't just for adults either. There are also classes for kids and teens to help the next generation with their culinary skills.

"Folks don't really have time to cook and to teach in the way it used to be in the olden days where grandma or mom used to have time to show you how to prepare something," says Filippou.

"We're kind of filling that void," he adds.

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AU student Sarah in
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Classes just like joining the big top

RICHARD WOODBURY
for Metro Halifax



It might come as a surprise, but circus classes are available for adults in Halifax.

"Adult classes are actually our biggest classes," says Gina Beth Roberts, the office manager at Atlantic Cirque.

Atlantic Cirque, located in Dartmouth,

offers two classes a week for adults over 18 where students are introduced to things such as acrobatics, handstands and aerial skills.

The backgrounds of the stu-

dents differ greatly, says Roberts.

"We have a lot of past yoga students, cheerleading students, they were gymnasts when they were little or something like that, so they just want to try something new and just to stay fit," she says.

At Halifax Circus, some of the students come because of things

they've found.

"We have people who come fairly frequently who say, 'You know I found ... a unicycle (or) some juggling clubs in my basement



Learning circus tricks isn't as hard as it looks, claim teachers at the Halifax Circus and Atlantic Cirque.

and I want to learn how to do it," says director Mike Hirschbach.

And supposedly, it's not as hard as it looks.

"Circus work is actually extremely accessible, much more so than people like to think," says Hirschbach.

He says that people just need the steps broken down and explained to them.

"It's all mysterious until it's made immediate and practical and you under-

stand what the steps are," says Hirschbach.

At Halifax Circus, classes are open to people 12 years of age and older. Students can take classes such as aerial basics, circus basics and hand balancing.

Hirschbach says most students are amazed by their progress over the

eight-week period.

"You consistently make breakthroughs," he says.

The next set of classes at Halifax Circus will begin April 8. For an eight-week course, the cost is \$160 and is held at the St. Matthew's United Church gym.

At Atlantic Cirque, students can choose to enrol

"(Circus classes) It's a great form of exercise."

Gina Roberts

in classes running from January to June or September to December, either one or two-nights a week. One class a week of the shorter term costs \$276 and it is \$460 for the longer term. The pricing is more expensive for students who take two classes a week.

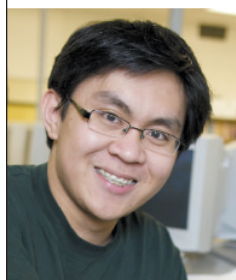
The feedback from students has been very positive.

"They love it," says Roberts.

"It's a great form of exercise. It's different and I think they're very encouraging of each other. If you ever hear them in class, they're always proud of when someone gets a move that they couldn't get before."

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JON TATTRIE
for Metro Halifax

Spring cleaning often extends to the outdoors, with people taking a look at their gardens and wondering if they can do better. Halifax offers several courses to help turn gardening greenhorns into gardening green thumbs.

Ann Li Huestis teaches gardening at the Nova Scotia Community College.

She gets students thinking about which parts of their garden get sunshine and which sit in the shade and what plants work best on those locations. She also covers pruning, creating textural contrast and colour combinations.

"It's a matter of figuring out their priorities and then we work on those areas," she says.

Young families may want a garden that is safe for the kids to use, or even a separate children's garden with robust, non-toxic plants and space to play. Learning about cultivating a vegetable garden or a berry crop are also fun for kids.

"And, of course, you always include some sand — there's always sand castles



Spring is a great time to take a course on how to make your garden your own.

to be built, right?" Huestis says.

Seniors have different priorities. "More raised beds, so that you don't have to bend down, and a very safe walkway so you won't be tripping or slipping," she says. "Older people want to concentrate on areas that are closer to the house, so you don't have to venture too far."

Halifax gardeners will also want to think about how it will look in the win-

ter. "If you just have flowers, you have a section that looks like it was nuked," Huestis says. "If you have other structures, it will sustain that kind of a look, even throughout the winter."

That could be benches and other man-made features that give the garden shape even under several feet of snow, or evergreen plants.

"My students are working on what I hope they will achieve, and that is to create a landscape that is beautiful starting in April and carries right on to October/November," Huestis says.

NSCC's Gardening & Garden Design Level II starts soon (go to nsc.ca or call 491-4911) and its prerequisite Level I next runs in the fall.

The Keshen Goodman Library is offering Fruits and Vegetables in Your Garden with Marjorie Wilson April 19 at 7 p.m. The free class requires registration via 490-5723.

Other gardening tips in Halifax can be found at the Ecology Action Centre (ecologyaction.ca/content/urban-garden-project) or the Halifax gardening blog seemoregreen.wordpress.com.

Exploring the exciting world of filmmaking

RICHARD WOODBURY
for Metro Halifax

COURSE The objectives of NSCAD University's new Introduction to Film Production class are pretty simple, says its instructor.

"We're going to cover as many basics as we can jam in a short period of time," says David Middleton.

These basics include casting, set design and scene selection, although Middleton hopes to plant a seed in the students' minds.

"Some people are going to go past that sort of surface," he says. "Some people are going to find an interest in cinematography and hopefully they will explore it. I hope it's about introducing people to things."

"Hopefully they go past it and use me as a resource to just keep digging and digging and discovering things," he adds.

Middleton is an independent filmmaker who has made over 20 short films. The 53-year-old has been teaching at NSCAD on and off for the past 20 years. He hopes the course will allow students to connect with each other.

"I'm hoping that ... a few of them find some sort of kindred spirit in there, someone who they can connect with and that they will head off in that group of two, that group of three, that group of five or six and they'll start doing stuff together," he says.

"One of the most enjoyable parts of it is that film is collaborative," says Middleton.

"There's a whole auteur thing where you can do it by yourself, but you know that it's not nearly as much fun as having five or six or 20 people help you do it, (when) you get that many minds working in one direction, it just gets better and better with every voice."

Students will have assignments to work on every week, such as working on a storyboard or taking a look at a shooting location and figuring out how they would light it for a shoot. He also hopes to have students do some writing as well.

The course consists of eight weekly sessions, running Wednesday nights from May 12 to June 30. The cost is \$250 (HST included).



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Tip for new students

Broaden your social network by introducing yourself to other students in your classes. It's always helpful to have someone in your classes with whom you can commiserate or get notes from if you have to miss a class. CED.OSU.EDU/STUDENTTIPS.HTML

continuing education **15**

Tee up season with a course

JON TATTRIE
for Metro Halifax



Nova Scotia's golf season got off to its earliest-ever start this year. Thanks to a mild winter and warm spring, Fox Hollow Golf Club in Stewiacke opened its greens on March 12, leading many to consider hitting the links for the first time.

Golf instructor Ed Hanczaryk says new golfers can take a day course, two-day course, private lessons or a six-week beginners' clinic to get to grips with the clubs. "Beginners seem to respond best to others at the same level, so we do a six-week clinic. We have a ladies' only version and a mixed version," he says.

Hanczaryk runs Awareness Golf (Awarenessgolf.com) and has decades of professional teaching experience. "A lot of the common mistakes are from faulty advice from husbands, spouses and friends," he says. Learning to drive a golf ball is like



New golfers can take a six-week beginners' clinic at Fox Hollow.

learning to drive a car — it's easy to pick up other people's bad habits.

One mistake he sees most rookies make is to try and get the ball airborne by angling their hands up on the swing. "That's the worst thing you can do. We start to train people's bodies to move properly. More body, less hands, basically," he says.

Like other golf pros in Halifax, he takes absolute

beginners and teaches them enough so that they can tee off with confidence.

"We look at the golf club and the components of this tool that you're using and how you apply the tool properly," he says. "We look at the science of what makes the ball go up."

Green golfers can learn inside in the winter, but in the summer Hanczaryk moves to the Links at Penn

Hill. Students start on the driving range before hitting the fairways.

"Some people have the attitude of, 'I can do this and I don't care what anyone thinks, I'm just going to do it,' and other people are very timid," he says.

Whatever the attitude, he quotes Samuel Beckett: "Try again, fail again, fail better."

He compares it to a musical instrument. Students should not expect to make music the first time they pick it up, but should work toward steady advancement. And after six weeks of improving failure, "I can guarantee that all the confusion about how this should work is gone."

Other places to learn golf in HRM are the Lake Loon Golf Academy (Lakeloon-golfacademy.com) and the Goodwood Family Golf Centre (Goodwoodgolf.com).

Many courses such as the Links at Montague (TheLinksatmontague.com) also offers lessons. For a list of golf courses in HRM, go to Golfingns.com/learn.

Get active, get going

JON TATTRIE
for Metro Halifax



If you're free Saturdays mornings and fancy a bit of down-hill skiing, mountain biking, kayaking, curling, rock climbing, racquetball, geocaching or nordic walking, a girls-only club in Halifax called Women on the Go may be designed for you.

The HRM Rec program meets for six Saturdays starting April 10, usually from 9:30 a.m.

to 11:30 a.m., to take off on a wild range of adventures in athletics. Virginia Jauregui works at St. Andrews Centre on Bayers Road, where the program is based. She says it's open to women age 18 and up (it attracts women well into their 60s) and all the ladies need is the right attitude. The course costs \$48 for the six classes, with extra fees applying for rental costs and admission.

"It's a variety of different sport activities," Jauregui

says. "It gives the women an opportunity to experience different things that they probably never have and they do it as a group, so it's also social."

Jauregui says Women on the Go takes a maximum of 25 people and that most Saturdays attract about 15 ladies. The program has one woman, Maureen Kennedy,

who acts as the guide and organizes all of the bookings for the events. Each Saturday she introduces the women to

the expert in that day's event. Many women turn up with absolutely no experience at the sport, so the program starts with the basics.

"They don't need any experience. It's pretty much entry level," Jauregui says. Every week starts from scratch, so women need only attend the classes they're interested in and can take a week off if they don't want to try a particular activity or if they just get too busy one week. Register at halifax.ca/rec.

"They don't need any experience. It's pretty much entry level."

Virginia Jauregui



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Catch the wave at surf school

JON TATTRIE
for Metro Halifax



Surfing has a laid-back reputation, but if you hit the waves without knowing what you're doing,

things could get uptight.

"The biggest thing you learn in lessons is how to play safe — how to not endanger yourself or others," says Caralee Murphy, co-owner of One Life Surf at Lawrencetown Beach, HRM.

"It's really obvious when people jump in the ocean with a board and a wetsuit and they've had no instructions."

Murphy offers lessons to adults of all ages and experiences. Most are out for the first time, but some have surfed for a while and haven't got the hang-ten of it.

"It's a dangerous sport and if you don't know how to do it, you endanger yourself and other people," she says.

The three-hour tour covers surf safety, surf etiquette and the rules of the water. Even first-timers then get a chance to catch a wave.

Keith Clark owns Happy Dudes Surf Emporium, which offers lessons on Lawrencetown and Martinique beaches along with a few other hidden gems around HRM.

"There's a lot of little tricks," says Clark, who has been surfing for 25 years and offering lessons for 15. Unlike snowboarding, your feet aren't nailed to the board, so a good instructor



A good instructor will teach you how to position yourself on the board and how to enter the water.

will teach you how to position yourself on the board and how to enter the water.

Happy Dudes starts with an hour in the shop watching videos and discussing the basics of surfing. After getting fitted with the appropriate gear, students head to the beach for a safety brief. The instructor shows them how to paddle, catch a wave and dismount

the board.

"Once we get past that phase, we get them to try and catch a wave on their own," he says.

"If they stand up, that's great. If they don't, try it again. You can't teach them that."

You need to be in decent shape to surf and people who do yoga will fit right in, because much of surfing re-

lies on balance and core strength.

"I tell people 50 per cent of it is a person's condition and 50 per cent is the condition of the surf," he says.

For a list of other places to learn how to surf and lots of general surfing information, go to Scotia Surfer's website at scotiasurfer.com, or happydudes.ca and onelifesurf.com.



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Sports

EDITOR: DON.MCHOULL@METRONews.CA



High-scoring Huskies forward Cam Fergus is set to return to the lineup on Thursday.

A shot in the arm

MATTHEW WUEST
matthew.wuest@metronews.ca

The Saint Mary's Huskies are already playing their best hockey of the season. Now their lineup is getting a huge boost heading into the University Cup.

The Huskies, who have won 12 of their past 13 games and swept the St. Francis Xavier X-Men en route to their second straight Atlantic University Sport men's hockey title, are getting forwards Cam Fergus and Kyle Doucet back from injury as they head to nationals starting Thursday in Thunder Bay, Ont.

Fergus, a former all-star

who has 128 points in 80 career games at Saint Mary's, bolsters the power play and adds another dangerous offensive weapon, while Doucet — a former Halifax Mooseheads forward with a capable scoring touch — offers speed and energy.

So as not to disrupt the chemistry of a winning lineup, Fergus and Doucet will start the nationals on the fourth line, possibly taking the place of Cory Tanaka and Andrew White.

"They haven't played in a while, it's a little bit of a concern, but I can't ignore what they've done in the past and their experience of two conference finals and one nationals," said

"I can't ignore what they've done in the past." Huskies coach Trevor Stienburg on Cam Fergus and Kyle Doucet

Huskies head coach Trevor Stienburg, of inserting them into the lineup.

Fergus has been out since Feb. 6 with a back injury, while Doucet had a broken thumb and hasn't played since Jan. 23.

The Huskies are seeded third for the University Cup and open on Friday at 3 p.m. against either the No. 2 McGill Redmen or No. 5 Manitoba Bisons.

Final 8 may not be in Halifax for long

MATTHEW WUEST
matthew.wuest@metronews.ca

EVENT The Final 8 is coming back to Halifax, but how long it stays here is unknown.

Atlantic University Sport, which will host the Canadian Interuniversity Sport men's basketball championship at the Metro Centre in 2011 and 2012, does not plan to submit a bid to host the 2013 and 2014 events by the May 14 deadline.

The event was held in Halifax for 24 straight years before it moved to Scotiabank Place in Ottawa

after Carleton University won the right to host it from 2008 to 2010.

AUS executive director

Phil Currie said a new hosting model — which sees the CIS take 75 per cent of sponsorship inventory instead of handing it all over to the host — muddies the waters for bids beyond 2012. He said the AUS needs to take the new model for a test run in 2011 first.



Phil Currie

"We haven't operated under that model," Currie said.

"We don't know what the outcomes will be based on the new model ... Why would we go forward and bid on something when we don't know what it will look like at the end?"

Currie called the May 14 deadline "an unrealistic time frame" given the uncertainty.

The event had mixed reviews in Ottawa. Attendance dropped by 29,000 from 2008 to 2010 in Ottawa, a decrease of almost 36 per cent, according to numbers published in the Ottawa Citizen.

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St. Louis Cardinals slugger Albert Pujols received an anti-inflammatory shot yesterday for tightness in his back and is expected to be out of action for the next couple of days. The three-time NL MVP missed a week this spring because of lower back pain he described as feeling like spasms. **THE ASSOCIATED PRESS**



Ottawa Senators goaltender Brian Elliott makes a save against the Montreal Canadiens last night in Montreal.

Habs blanked

Elliott posts shutout as Sens win

Peter Regin and Erik Karlsson scored for Ottawa and Brian Elliott made 29 saves as the Senators ended a five-game losing streak with a 2-0 victory over the Montreal Canadiens last night.

The teams entered the game in a three-way tie with Philadelphia for fifth place in the Eastern Conference and with the win, Ottawa (38-30-5) now sits alone in that spot, two points clear of the Canadiens and the idle Flyers.

The Senators return home after a three-game road trip to face Philadelphia, which has one game in hand, on Tuesday night.

It was only Ottawa's second win in 10 games (2-7-1) since the Olympics, while the Canadiens suffered just their second setback (7-2-1) in regulation since the break. Montreal was coming off a 3-2 shootout loss in Toronto on Saturday night.

The teams combined for only 11 shots in a sloppy opening period, but Ottawa got the only goal, as Regin went to the net to tip a pass

Shutout

- It was Brian Elliott's fourth shutout of the season and the fifth of his career.

from Karlsson past Jaroslav Halak at 10:15.

Regin was promoted to the Senators' top line with Daniel Alfredsson and Jason Spezza in place of Matt Cullen, although it was second-line winger Mike Foligno who got the demotion to the fourth line after being sent off twice for minor penalties early in the game.

The pace picked up in a scoreless second, but both Halak and Elliott were sharp.

Montreal's Travis Moen left the game at 10:41 when he was cut — it appeared to be on the forehead — as Cullen's skate came up after falling head over heels after a check in the corner. A team spokesman said Moen suffered a laceration to the face but did not need to go to hospital.

THE CANADIAN PRESS

NFL commish plans to meet with Roethlisberger

FOOTBALL NFL commissioner Roger Goodell plans to meet with Steelers quarterback Ben Roethlisberger about the star's off-field problems.

Goodell already has spoken with team owners about Roethlisberger, who is accused of assaulting a 20-year-old college student in a Georgia nightclub on

March 5.

Roethlisberger's lawyer says the quarterback committed no crime. Roethlisberger has yet to be interviewed by police in

Milledgeville, Ga., and charges have not been filed.

"We take this issue very seriously," Goodell said yesterday at the NFL meetings.

THE ASSOCIATED PRESS

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Toronto 106 Minnesota 100
Chicago 98 Houston 88
Miami 99 New Jersey 89
Milwaukee 98 Atlanta 95
New Orleans 115 Dallas 99
Orlando 109 Philadelphia 93
San Antonio 99 Oklahoma City 96
Boston at Utah
Memphis at Sacramento
Phoenix at Golden State

TODAY'S GAMES

Charlotte at Washington
Indiana at Detroit
Denver at New York
L.A. Clippers at Dallas

NHL

YESTERDAY'S RESULTS

Ottawa 2 Montreal 0
Detroit 3 Pittsburgh 1
Colorado at Los Angeles

TODAY'S GAMES

Florida at Toronto
Columbus at New Jersey

Eastern Conference Overall Standings

Philadelphia at Ottawa							
Carolina at Tampa Bay							
Dallas at Nashville							
San Jose at Minnesota							
Phoenix at Chicago							
Anaheim at Calgary							
Vancouver at Edmonton							
EASTERN CONFERENCE OVERALL STANDINGS							
	GP	W	L	OL	GF	GA	Pts
Washington	72	48	14	10	283	203	106
Pittsburgh	73	42	25	6	225	208	90
Buffalo	71	39	22	10	200	180	88
New Jersey	71	42	25	4	189	169	88
Ottawa	73	38	30	5	195	212	81
Philadelphia	72	37	30	5	212	199	79
Montreal	73	36	30	7	196	200	79
Boston	71	32	27	12	176	181	76

Atlanta	72	32	29	11	218	230	75
N.Y. Rangers	72	31	32	9	186	196	71
Florida	71	29	31	11	186	209	69
Carolina	72	30	34	8	201	226	68
N.Y. Islanders	72	29	33	10	189	222	68
Tampa Bay	72	28	32	12	188	225	68
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Sports in brief

BLUE JAYS Brandon Inge hit a three-run homer to help the Detroit Tigers beat the Toronto Blue Jays 8-2 yesterday. Nate Robertson pitched 4½ innings for the Tigers, yielding two runs and five hits.

FOOTBALL NFL commissioner Roger Goodell likes the proposal to modify overtime in the playoffs. The competition committee recommends that a team surrendering a field goal on the first possession should have a series of its own in OT. Goodell says the idea "stays true to the integrity of the game" and finds it "very much worth considering."

NHL Philadelphia Flyers leading goal scorer Jeff Carter will miss three to four weeks with a broken bone in his left foot. Carter suffered the injury off a shot from Atlanta's Clarke MacArthur in Sunday's game.

BASKETBALL Memphis must vacate its record 38-win men's basketball season from 2007-08 after the NCAA rejected its appeal. The NCAA announced yesterday that its Infractions Appeal Committee ruled against Memphis, which was

found to use an ineligible player, believed to be Derrick Rose.

NFL The New England Patriots are the big winner for losing free agents last year. The Patriots have been awarded the maximum of four compensatory picks in April's NFL draft. The selections will come in the sixth round (one, No. 205 overall) and seventh round (three, Nos. 247, 248 and 250).

NFL Miami Dolphins running back Ronnie Brown, who had been in the suburban Atlanta area to help celebrate his parents' anniversary, was arrested on a charge of driving under the influence of alcohol and released from jail a few hours later, officials said yesterday.

CFL The Hamilton Tiger-Cats signed all-star linebacker Markeith Knowlton to a contract extension through the 2012 season, the CFL club said yesterday. The six-foot, 205-pound Knowlton recorded 94 defensive tackles, four forced fumbles, four fumble recoveries and four interceptions last season. **METRO NEWS SERVICES**



Canada skip Jennifer Jones throws a rock against Latvia during the World Women's Curling Championships yesterday.

Early starts for Jones

SASKATCHEWAN Jennifer Jones' alarm clock will go off much earlier for the rest of the round robin at the women's world curling championship.

After playing afternoon and evening draws the first three days of the tournament, the Canadian skip and her rink from Winnipeg have three straight mornings of games at 8:30 a.m. local time, starting today against Denmark.

That's an early start when the curlers need to eat, get to the rink and stretch, particularly when they've played an evening draw the previous night, like they did yesterday.

Jones doesn't mind. The 35-year-old corporate lawyer and her teammates are veterans of the evening-morning draw schedule and adjust their eating and sleeping around it.

"Probably my favourite

draw to play is a morning draw," Jones said yesterday after Canada's win. "I'm up anyway. I can't sleep in. It's a curse. I might as well get out there and curl. I'm not a night owl, that's for sure."

"If you have a morning-night, you can have a nap in the afternoon. We do it all the time."

Canada was the only unbeaten team at the world championships heading into the late draw yesterday against defending champion Wang Bingyu of China (1-3). The Jones four-some, out of the St. Vital Curling Club, doubled Latvia's Iveta Stasa-Starsune 12-6 in the afternoon.

Canada was 4-0, Erika Brown of the United States was 4-1, followed by Scotland's Eve Muirhead and Sweden's Cecilia Ostlund at 3-1. Russia's Anna Sidorova sat at 3-2.

THE CANADIAN PRESS

Spartans lose star to injury

NCAA Michigan State star Kalin Lucas will miss the rest of the NCAA tournament after an MRI has confirmed he ruptured his left Achilles' tendon.

In Lucas' place on Sunday, Korie Lucious made a three-pointer at the buzzer to put the Spartans into the round of 16 with an 85-83 win over fourth-seeded Maryland.

Lucas was hurt late in the first half of that game when he landed awkwardly after a shot. He is a two-time All-Big Ten player and leads the Spartans in points and assists.

He will be sidelined for

four to six months.

"We feel terrible for Kalin, he was having a great NCAA tournament," Spartans coach Tom Izzo said in a statement.

"The good news is there is no doubt he will make a full and complete recovery."

THE ASSOCIATED PRESS



Losing to know-nothings in your March Madness pool? Blame cockiness.

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Low-carb veggie diet

JANINE FALCON
for Metro Canada



Studies over the past few years suggest that a low-carb intake is a significant factor in weight loss, and that combined with a high-protein and high-fat approach, can help improve levels of good cholesterol (HDL) and lower triglycerides (fat), and thus reduce the risk of heart disease.

But what if you're a vegetarian? If you rely on carbohydrates as a significant diet component, how do you do low-carb?

The type of carbohydrate to avoid is key — we know not all carbs are created equal.

Those made with flour or sugar hit the top of the don't-eat list.

However, nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts, says Colette Heimowitz, VP of Nutrition and Education for Atkins, the low-carb diet which seemed to have the most independent-study success.

"People are only familiar with the initial two-week induction plan, which is designed to induce fat burning in the body rather than carbohydrate burning," Heimowitz says — surprisingly — that Atkins is vegetarian friend-



Vegetarians need a wide variety of plant sources to give them all the amino acids they need for a healthy functioning body.

ly. For non meat-eaters, the program's protein, fibre, healthy fats and essential amino acids come from tofu, eggs, nuts, seeds and cheese, she explains. Also acceptable are cottage cheese, yogurt and vegetable oils.

"You need a broad variety of amino acids from a variety of plant sources," stresses naturopathic doctor Alan C. Logan, who searches and consults for Genuine Health.

For example, on paper, peas appear to provide all the necessary amino acids. But if you eat only peas, "you'll get some amino

"Nutrient-dense or complex carbohydrates, such as broccoli, kale and collard greens, are menu musts."

acids, but lack a few, including methionine, which is important for reducing joint inflammation, and tryptophan, which the body needs to manufacture serotonin, which regulates mood," he explains. "You need an 'orchestra' of sources for everything you need."

Logan suggests making space in the low-carb allotment for small amounts of brown rice, which "pro-

vides a tremendous amount of antioxidants and fibre."

He also advises adding hemp, which serves up twice the lysine that tofu does for anti-viral and immune-system support, double the methionine of egg whites, and eight times the tryptophan available from milk.

Brown rice, hemp and peas are in Genuine Health Vegan Proteins+, which contains all the essential amino acids and protein (also sourced from cranberries and alfalfa).

The powder supplement can back up a low-carb diet, and is formulated without animal products, corn, dairy, wheat, soy, yeast, sugar or preservatives.

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Food for your face

The building blocks for a low carb vegetarian diet

Helen Ambrosen, skin care expert at Lush Fresh Hand-made Cosmetics, shares her most delicious and nutritious body care recipes with Metro Canada.



Helen Ambrosen

AVOCADO HAIR MASK

INGREDIENTS:

- Fresh herbs (such as rosemary or thyme) or fresh rose petals, jasmine or lavender
- Olive oil
- 4 ripe avocados
- 2 lemons
- Runny honey
- Flour (barley flour, wheat flour or millet flour) or finely ground oatmeal

DIRECTIONS:

1. Take a couple of sprigs of fresh herbs such as rosemary or thyme and soak overnight in 50 g of olive oil. Alternatively, you can use fresh rose petals, fresh jasmine or lavender.
2. When ready sieve the oil to remove the herbs/flowers.
3. Take 3-4 ripe avocados, mash and press through a sieve.
4. Stir the infused olive oil into the avocados and mix well.
5. Squeeze the juice of 2 lemons and 50 g of runny honey to the preparation.
6. Take a flour such as barley flour,

wheat flour, millet flour (which is the most nutritious) or very finely ground oatmeal and add enough to make a paste.

USAGE:

1. Apply to dry hair: Take sections of the hair and apply the preparation with fingers massaging into the scalp and roots of the hair.
2. Wrap cling film or a towel around the hair and leave for 10-15 minutes.
3. Rinse well, shampoo the hair and apply a little bit of conditioner to the ends of the hair, such as LUSH's Veganese or Coolaulin.
4. Rinse again.

FACE MASK

INGREDIENTS:

- 2 medium, nicely ripe bananas (peeled)
- 2 tablespoons of runny honey
- 1 fairly ripe peach (stoned and skinned)
- 2 generous tablespoons of ground almonds
- Fine ground oatmeal

DIRECTIONS:

1. Blend the bananas, honey, and peach together

are excellent skin softeners and have potent moisturizing properties. Peaches are a good fruit choice for young skins as they cleanse and help remove excess sebum without strip-

duces redness. (A good tip if you do have spots is to dab honey straight onto it.)

2. Add the ground almonds and mix together — the almonds are to help polish the skin and remove dead surface cells.
3. Finally, add enough oatmeal to make a paste that can be

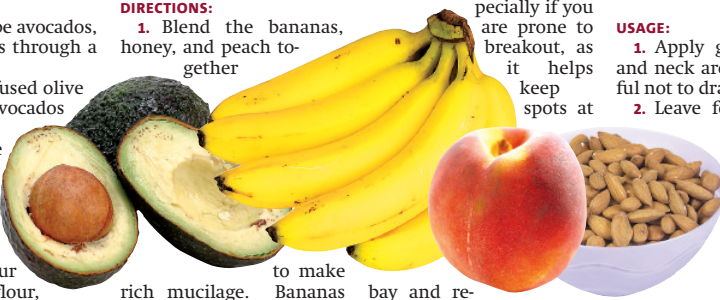


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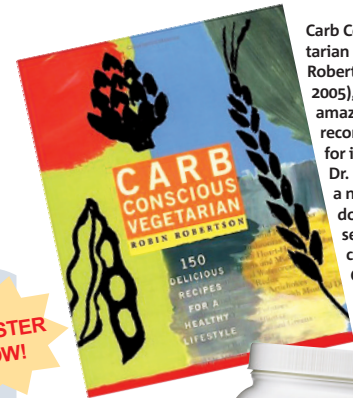
ping the skin. Honey is excellent for all skins, especially if you are prone to breakout, as it helps keep spots at

spread onto the face and neck.

USAGE:

1. Apply gently to face and neck area, being careful not to drag the skin.
2. Leave for 10-15 minutes.
3. Remove gently with warm water.

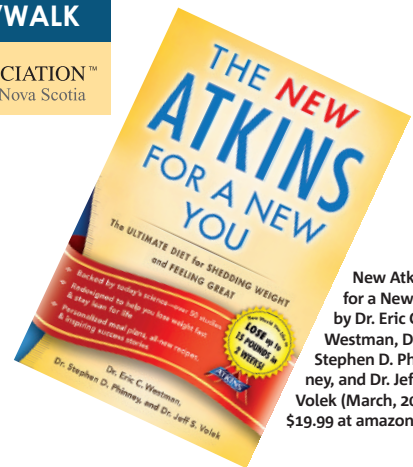
METRO
NEWS
SERVICES



Carb Conscious Vegetarian by Robin Robertson (June, 2005), \$21.95 at amazon.ca; a recommendation for its recipes by Dr. Alan C. Logan, a naturopathic doctor, who researches and consults for Genuine Health.

Genuine Health Vegan Proteins+ provides low-carb vegetarian back-up with essential amino acids and protein sans corn, dairy,

egg, wheat, soy, yeast, animal products, sugar or preservatives. 280 g, \$21; 840 g, \$47, at health stores.



New Atkins for a New You by Dr. Eric C. Westman, Dr. Stephen D. Phinney, and Dr. Jeff S. Volek (March, 2010), \$19.99 at amazon.ca

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Where food and sex meet

The J Spot

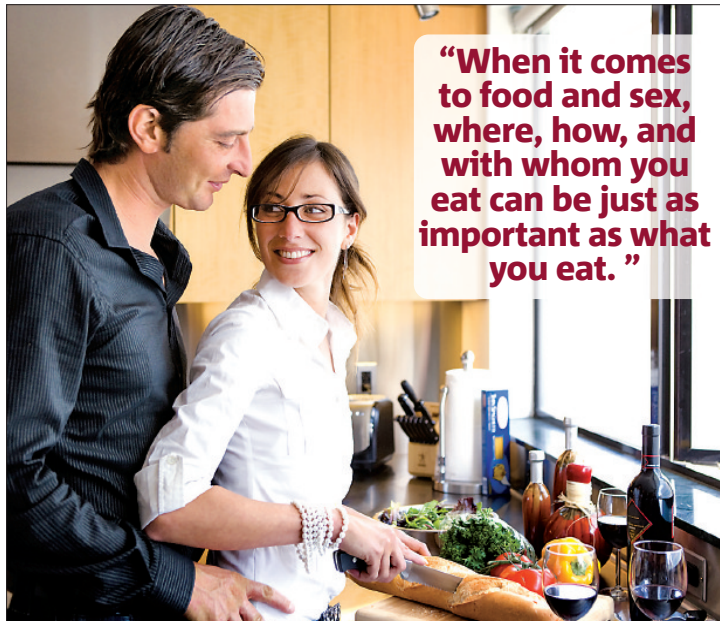
Josey Vogels

metronews.ca/thejspot

When it comes to sex and food, you definitely are what you eat. An estimated 80 per cent of erectile problems are the result of hardened arteries restricting blood flow and can be traced to a diet high in fatty foods, sodium and red meat.

Women may not have the same issue, but diet can also affect women's levels of desire, arousal and lubrication. Also, if you're eating well, you feel better about your body and feeling good about your body and feeling sexy go hand in hand.

Food itself can be sexy. While there is no scientific proof behind the aphrodisiac quality of



certain foods, studies have shown that chocolate — often touted as an aphrodisiac — contains phenylethylamine (PEA), a chemical that is also re-

leased in the brain when you fall in love. And one of the reasons shellfish such as oysters are considered an aphrodisiac is because they're loaded

with zinc, important for sexual vitality.

Texture is often what makes foods we tend to think of as aphrodisiacs so stimulating, like the

creamy, sweet texture of chocolate or the juicy flesh of a ripe mango.

The word itself derives from Aphrodite, the Greek goddess of love and mother of Eros (the Romans knew

the two as Venus and Cupid). Aphrodite rose naked on a scallop shell from the sea foam generated where the genitals of her father, Uranus had been hurled after his castration in one of those divine disturbances common in Greek mythology. The Fates assigned the goddess only one duty: To make love. Not a bad gig.

When it comes to food and sex, where, how, and with whom you eat can be just as important as

what you eat. Sharing a first meal with a new lover can be very exciting and revealing. A person's table manners can speak volumes.

Cooking for a lover can also be a real turn-on. Going to the trouble of finding out what they like to eat and then shopping, cooking, decorating the table with flowers and candles and cracking open a nice bottle of wine makes them feel pampered and special. Talk about foreplay.

Finally, there's nothing like cooking a meal together to test the power dynamics of a relationship. If no one loses any fingers or ends up with a meat cleaver in the head by the time you sit down to eat, the relationship might stand a chance.

Bon appetit!

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

ADVERTISING FEATURE

How to STOP SMOKING: one woman's story

On April 1st Jane Cawley will be celebrating two years smoke-free. After smoking a pack of cigarettes a day for nearly 40 years Jane decided to finally stop smoking for good. The Executive Director of the Nova Scotia College of Early Childhood Education says she is now feeling better than ever.

Smoking had taken a toll on Jane's health and emotional well-being. "I had a cough

that I couldn't shake," says Jane,

"and I was tired of being emotionally tied to cigarettes. I always kept a mental note of how many cigarettes I had left and how long I could get by until I needed more". It is an addiction that she's happy to be free of.

Jane wanted to arm herself with as much information as she could in order to successfully stop the addiction that gripped her for her entire adult life. She turned to the Canadian Cancer Society's smokershelpline.ca for the support and encouragement that made the difference.

"I took the advice almost step-by-step," says Jane. "I threw out everything that enabled my

smoking, I told people that I was quitting and I used the tools smokershelpline.ca provided me with. I really used the website on a daily basis for the first couple of months and it was a tremendous help."

Smokershelpline.ca provides people with reasons to believe they can stop smoking as well. Jane found inspiration in the stories of other quitters and learned about

"I really used the website on a daily basis...it was a tremendous help".

copied with cravings and managing withdrawal symptoms. She's even

supported some of her colleagues and students along their quit journey and she is confident she will never light up again. "I know I won't smoke again and if I can do it - you can too."



Smokers' Helpline Online is an interactive-based service available 24 hours a day, 7 days a week. The service offers proven tips and tools to help you quit smoking successfully.

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Breakfast sets up your body's energy levels for the rest of the day — don't skip it!

Become a champion of breakfasts

CELIA MILNE
for Metro Canada



Think of a good breakfast as fuel and medicine for your body.

"Skipping breakfast, regardless of age, is associated with poorer mental and physical health," says doctor of naturopathic medicine Dr. Tracey Beaulne.

Studies have found that eating breakfast fights fatigue and emotional stress, cuts down on hunger later in the day, and enhances problem-solving skills and logical reasoning, says Beaulne, who practises at

Bayview Natural Health Clinic and at the Active Therapy Clinic at the Granite Club in Toronto.

She sees a lot of patients who are relatively healthy, but would like to feel better than they do. Common complaints are recurrent colds and infections due to stress, fatigue from overwork, gastrointestinal issues from poor nutrition, insomnia, stress, and weight issues.

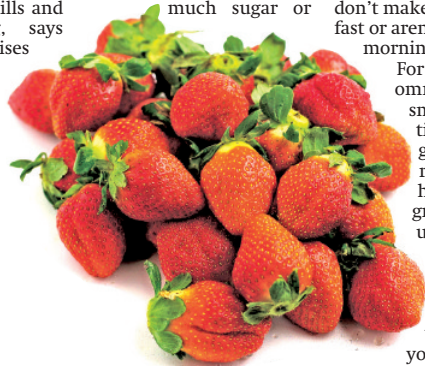
For her, the best kind of breakfast is one that includes lots of fibre, not much sugar or

fat, and ample protein.

Sugary cereals and granola bars aren't the best option, says Beaulne. Many of her patients admit they don't make time for breakfast or aren't hungry in the morning.

For them, she recommends a smoothie. Try putting low-fat yogurt, blueberries, bananas, hemp oil, ground salba, and unsweetened almond milk in a blender.

Adjust the flavour and thickness to your own taste, she suggests.



Questions to ask yourself before opening the fridge door

As a naturopathic doctor, Dr. Tracey Beaulne uses food as medicine. She suggests you ask yourself these questions:

- How can this food help my body?
- Is it colourful and packed with nutrients?
- Will it give me the protein my body needs?
- Am I getting the good fat I need from oily fish, avocados, nuts and seeds, and olive oil?
- Do I feel well after I eat this food?
- Am I getting the fibre I need for good bowel habits?

CELIA MILNE/METRO CANADA

Books to beat that belly fat

HEALTHY SIN FOOD: DECADENCE WITHOUT THE GUILT

BY DR. JOEY SHULMAN
Chocolate, cinnamon and almonds — they sound more like the ingredients to a decadent desert than the building blocks to weight loss. Dr. Joey's breakdowns the nutritional value of the top 50 superfoods in an informative and engaging way. And with 101 mouth-watering recipes (gourmet grilled cheese, yes please!), you can't lose with this book. Except those extra pounds, of course!



FLAT BELLY DIET!

BY LIZ VACCARIELLO

Promising to shrink your waist in 32 days, this book lays out an easy-to-follow daily exercise routine, along with meal plans to take you through each week. The meals are easy to make and the book includes a weekly grocery list to make the shopping a piece of cake — well, more like a handful of almonds.



Tips to live your life by

For better nutrition and overall health, checkout Dr. Tracey Beaulne's tips:

- 1 Eat more veggies than fruit.
- 2 Take a cooking class to expand your palate.
- 3 Do yoga, meditation, or qi gong to balance out the stress hormones of daily life.
- 4 Go to bed by 10 p.m. for optimal melatonin.

5 Exercise, for those feel-good endorphins.

6 When buying fruits and vegetables, buy organic, especially for "the dirty dozen" — peaches, apples, peppers, celery, nectarines, strawberries, cherries, kale, lettuce, imported grapes, carrots and pears (see ewg.org for more information).

CELIA MILNE/
METRO CANADA



Weighing in on the waists of the world

ROMINA MCGUINNESS
for Metro World News



After having visited more than 30 countries in two years, celebrity fitness trainer Harley Pasternak came back to the U.S. wondering why the rest of the world was not as overweight as the average North American.

Using the lowest obesity rates and highest life expectancy, Pasternak analyzed the lifestyle and habits of the world's 10 healthiest countries: Japan, China, Sweden, France, Italy, Spain, South Korea, Greece, Israel and Singapore.

Pasternak tells us how; it's a question of calories in and calories out.

He looks at what these countries eat, how they prepare it and how they burn it.

HOW Obesity is beginning to overtake smoking related disease, as the number one cause of the death so knowing when to stop eating is crucial. The Japanese stop eating when they are 80 per cent full — they call it "hatti hambushi." They then wait 10 minutes to decide if they are still hungry. The Swedish refer to this as "lagom," meaning, "that's enough."

PORTRAIT CONTROL The French don't always eat



Spanish men dig into a delicious — but small — tapas (above); adding colourful food to your plate is the way to go (right).

healthily, but only eat small portions of the not-so healthy foods. The same applies to the Greek mezze, Spanish tapas, and the Chinese Dim Sum, whereby people only eat bite-sized portions. The focus is on the flavour and quality, not on the quantity. In the U.S., people tend to have one huge plate piled with food and will carry on eating past the point of satiety.

WALKING Walking is the only overlapping factor between the 10 countries.

The average person should be walking up to 10,000 steps a day, yet North Americans are clocking in a mere 4,000. The Italians have "passa giara," where everyone goes for a long walk after a big lunch.

COLOR You should have five colours on your plate with every meal, as each one dictates the nutrients in the food. Yellow foods can be eggs or squash; tofu for white; eggplant for purple; tomatoes and peppers for red and broccoli or spinach for green.

THE BADDIES

Dairy products and carbohydrates are staples of the healthiest countries' diets, even though they have a well-known reputation as a dieter's don't. Swedes are huge fans of dairy, including milk, cheese and yoghurt as are the Greeks, French and Israelis. Eaten on their own, carbohydrates have no fat and plenty of fiber.



LITTLE MEAT All 10 countries rarely consume red meat, preferring a vegetarian-based diet. Leaner sources of protein such as fish, nuts or lentils are chosen to complement the diet. The U.S. are the world's biggest consumers of red meat.

Super foods from the top five countries

1 ITALY: balsamic vinegar, tomatoes and oregano

2 JAPAN: seaweed, fish, soy and green tea



3 SWEDEN: dairy and rye bread

4 SPAIN: citrus fruits, oranges and lentils

5 GREECE: olive oil and yogurt



ROMINA MCGUINNESS/
METRO WORLD NEWS

Harley's five

HEALTHY LIVING Celebrity fitness trainer Harley Pasternak is the reason Lady Gaga wears hot pants from breakfast to dinner.

Pasternak invented the five-factor diet whereby everything is set out in sets of five, from the food to the workout.

Here's how it works. Do five days of working out a week with one day off, and "cheat day" to remove the pressure of dieting.

Strength and cardio workouts last between 25 and 45 minutes and are broken up by five-minute phases (warm up and cool down).

Eat five times a day: three meals (breakfast, lunch and dinner) and two snacks containing low fat protein, fiber, healthy carbs and fats. One sugar free drink is allowed with the main meal.

ROMINA
MCGUINNESS/
METRO
WORLD NEWS



ADVERTISING FEATURE

Revolutionary Probiotic Gum Makes your Mouth a Healthier Place Promises Renowned Microbiologist

We have all heard that the eyes are the windows of the soul. Now a probiotic research scientist from New Zealand is telling us that our mouths are the front door to a lifetime of good health.

"Probiotics are friendly, health-promoting bacteria," says **Professor John Tagg**, a world-renowned microbiologist at the University of Otago in New Zealand. "Everyone knows about the importance of probiotics for the digestive tract. But for good oral health and overall immunity, we also need oral probiotics that are specific to our mouths."

He should know! When Professor Tagg was a boy of 12, he suffered from a strep throat infection that led to an attack of rheumatic fever, a serious condition that can cause permanent heart damage. Consequently, he was on antibiotic drugs for 10 long years. This personal experience inspired him to devote his life to finding friendly probiotic bacteria that prevent strep throat and other infections that enter through the mouth. After many, many years of dedicated research, he discovered BLIS!

BLIS, which stands for Bacteriocin-Like-Inhibitory-Substance is an advanced oral probiotic. **BLIS K12** is a naturally occurring component of the *S. salivarius* probiotic strain.

"My published research studies show that BLIS K12 controls the undesirable and disease-causing bacteria that cause bad breath, strep throat, thrush, and ear and upper respiratory infections" explains Professor Tagg.



Professor John Tagg

"BLIS K12 probiotic bacteria also promote general oral health and help prevent tooth decay and gum disease." Professor Tagg's BLIS K12 probiotic is now available in Canada as **CulturedCare Probiotic Gum with BLIS K12**. It is made in Canada by **Prairie Naturals**, an established, family-owned nutritional supplement company in BC.

"Gum is an ideal way to 'seed' BLIS K12 probiotic throughout the mouth and throat where it will begin to colonize and grow. Chewing just one piece of CulturedCare Probiotic Gum daily provides protection for teeth, gums, throat and ears," says Professor Tagg.

Made with proprietary cold-pressed technology, CulturedCare Probiotic Gum with BLIS K12 contains the therapeutic dosage determined by Professor Tagg's research. Its potency and purity are confirmed through independent testing in government licensed laboratories in Canada, New Zealand and the U.S.

"May the BLIS be with you!" This has become the mantra of the professor who discovered the powerful effects of BLIS K12 - a revolutionary probiotic.

For more information about Professor Tagg and CulturedCare Probiotic Gum with BLIS K12, please visit: www.culturedcare.com



CulturedCare Probiotic Gum with BLIS K12 is available at fine natural health product stores and pharmacies:

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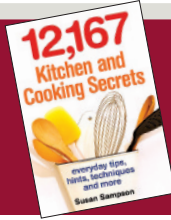
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Fascinating fact about bigleaf maple syrup: It is made from the sap of bigleaf maple trees which are native to the Pacific Coast, in particular Vancouver Island, the Gulf Islands and the Lower Mainland. **THE CANADIAN PRESS**

Food

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA



Culinary tips collected

If your method of cooking Italian risotto consists of stirring the ingredients in a pot over a hot stove for what seems to be ages, there is a simpler technique. It can be found in Susan Sampson's *12,167 Kitchen and Cooking Secrets: Everyday Tips, Hints, Techniques and More* (Robert Rose, \$27.95, paperback). The Toronto Star food writer offers readers more than 700 pages of food tips and suggestions brought about by new technology. **THE CANADIAN PRESS**



Former supermodel Sophie Dahl, known for her voluptuous curves, has channeled her love of food into a new cookbook and TV show.

Dahl is a *model* chef

New book takes former cover girl from runway to kitchen

CELIA MILNE
for Metro Canada



Supermodels aren't known for sumptuous cooking and extravagant eating, but Sophie Dahl has broken the mold.

Dahl, 32, who has graced the cover of *Vogue* and posed nude for an Yves Saint Laurent Opium ad, is the proud author of *Miss Dahl's Voluptuous Delights* (HarperCollins), a new cookbook that dishes sensual pleasure through food.

Though she has certainly tried her fair share of diets — and talks about them in the book — Dahl has overcome earlier weirdness about food and answered what she calls a siren call to the kitchen. "I live for cookbooks. I go to bed reading recipes," she told Metro in a phone interview from the U.K., where she lives.

Recipes such as Vegetarian Monkfish with saffron sauce, Coconut Curry with

"Words are as important to me as recipes. I love all those round words like abundance and voluptuous."

Sophie Dahl, author & former model

Shrimp and Poached Eggs on Portobello Mushrooms with Goat's Cheese are lovingly presented and beautifully photographed.

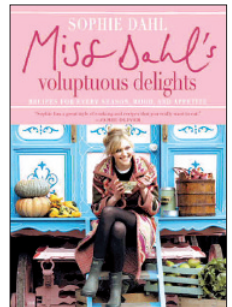
Dahl is a vegetarian — "the hangover of a hippie childhood" — so the recipes reflect that. In her modelling days, she was known as "the voluptuous Sophie Dahl" because she wasn't paper-thin like most models.

"When I started modelling I was a curvy, round 18-year-old. As I got older I stopped sticking my head in the fridge every two minutes and started exercising, so then I wasn't so round. The great voluptuous Sophie Dahl, there's a myth to the whole thing," she says.

In the cookbook, she

writes playfully about the effect her curvaceous figure had on people. "The photographers at the end of the runway would sometimes catcall and whistle. It had been a long time since the advent of tits in fashion, so they were pretty enthused."

Writing is in Dahl's genes. She's the granddaughter of the famous Roald Dahl, author of children's books *James and the Giant Peach* and *Charlie and the Chocolate Factory*. She shares his famous sense of humour, which comes through in the names of her recipes. Try *Hangover Eggs* ("when nothing but a fry-up will do") or *Coquette's eggs*, which she served once to then-boyfriend Jamie Cul-



Miss Dahl's Voluptuous Delights by Sophie Dahl.

lum, who is now her husband.

Dahl has already written one novel and is writing another. She's also working on a cookbook show for BBC, "like the world needs another!" she laughs.

"As much as I love food, I also love words," says the prolific Dahl. "Words are as important to me as recipes. I love all those round words like abundance and voluptuous."

New use for tools: Rethinking the vegetable peeler

TIPS Kitchen gizmos are usually created and marketed with a sole purpose that's obvious from the name — vegetable peeler, garlic press, potato masher. But as chefs and food experts know, most tools can be put to use in a multitude

of ways that make your cooking easier, faster or more impressive.

Take the vegetable peeler — a kitchen essential for getting to the heart of carrots and potatoes.

Ann Taylor Pittman, food editor of *Cooking Light*

magazine, uses the peeler to shave hard cheeses like Parmigiano-Reggiano, pecorino Romano and Asiago.

"The beautiful shavings have a bigger flavour impact than grated. Nice for topping salads, pasta, pizza

or flatbread," says Pittman.

Kate Merker, associate food editor at *Real Simple* magazine, recommends using a vegetable peeler for removing strips of citrus zest (usually lemons, limes and oranges) to use for twists in cocktails.

And Food Network's Clair Robinson puts peelers to use in baking, using them to shave chocolate. "I have even used it to shave butter ribbons for decoration or to melt frozen butter super quick!"

THE ASSOCIATED PRESS



Vegetable peeler.

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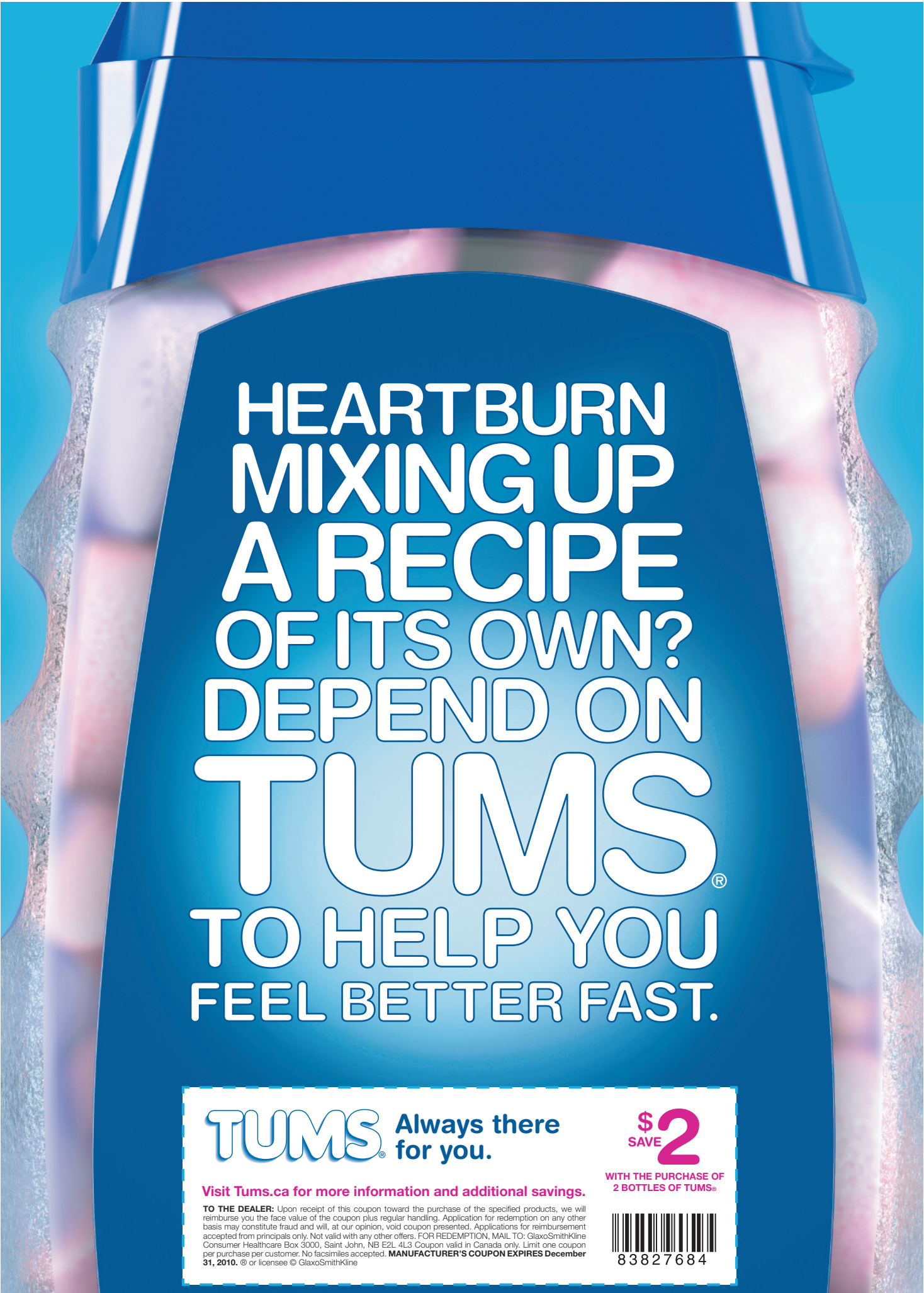
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A recent survey commissioned by Dr. Oetker has uncovered that two-thirds of Gen Y Canadians are looking to spend more time baking and more than 85 per cent of all Canadians believe it is an important activity to teach their kids. **METRO NEWS SERVICES**

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

Spring sipping

Talk about March madness. The weather has been so civilized in my neck of the country that I've been out raking some of the leaves from last fall that I've been pretending belonged to my neighbours.

The best thing about warm early spring temperatures is that they give you a head start on cracking open some floral white wines: Ones that mirror the fresh aromas and flavours associated with the season.

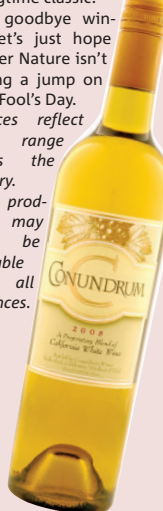
Chenin blancs top my list. Long associated with France's Loire Valley and the vineyards of South Africa, the off dry wines made with the grape sadly continue to lose ground to fruitier competition created with riesling and viognier.

Produced in South Africa's Western Cape **MAN Vintners' 2008 Chenin Blanc** (\$11.99 - \$13.99) combines tropical fruit with palate-tingling acidity, making it a nice match with fruit, fish and light chicken dishes.

Chenin blanc may be the only white grape not (I think) in the **2008 Conundrum** (\$24.95 - \$29.29): A mysterious California blend that sports a new label to go along with this latest vintage. Big on exotic fruit flavours, it's a springtime classic.

So goodbye winter, let's just hope Mother Nature isn't getting a jump on April Fool's Day.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Personal Gourmet recipe of the month

ROSE REISMAN

Kid favourites

My newest book (17th!) titled, Rose Reisman's Family Favorites has just hit the stores.

I'm so excited about this book because it addresses what we all have to be more aware of and that's bringing our families back to the table to "break bread."

Our rising obesity, diabetes type 2, heart and stroke disease and certain cancers are directly related to how we eat and we are now finding that our children are paying the price. One in four children today are overweight or obese and already have symptoms of high blood pressure, high cholesterol and borderline diabetes type 2. We can change all of that by getting back to our kitchens and cooking delicious, simple and healthier meals. Of know this book will benefit everyone.

Here are a few of my favorite family meals:



Rose Reisman's Mushroom and Spinach Miniature Lasagna Rolls.

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Mushroom and Spinach Miniature Lasagna Rolls

PREP TIME: 20 MINUTES

COOK TIME: 45 MINUTES

Instead of making the usual lasagna, in which leftovers often seem to go to waste, I opted for this version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

SERVES 4

INGREDIENTS:

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups finely chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella cheese
- 1/3 cup grated Parmesan cheese
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce (or store-bought spaghetti sauce)
- 3 Tbsp shredded mozzarella cheese

METHOD:

1. Preheat the oven to 400°F.
2. Bring a large pot of water to a boil. Add the lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold

Make ahead

- **Mushroom and Spinach Miniature Lasagna Rolls:** Prepare up to a day in advance and reheat in a 350°F oven for 10 minutes or just until warmed through.
- **Sweet 'n Sour Chicken Meatballs with Rice:** Make the meatballs up to 2 days in advance and reheat gently on top of the stove. Can be frozen for up to 6 weeks. Great for leftovers.

water. Set aside.

3. Lightly coat a large, nonstick skillet with cooking spray, add the oil and set over medium-high heat. Add the onion and garlic and sauté for 5 minutes. Add the mushrooms and sauté for 5 more minutes or just until the mushrooms are no longer wet.

Add the spinach and allow the spinach to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, moz-

zarella and Parmesan cheeses, mustard, salt and pepper.

4. Place the mixture in the bowl of a food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of the tomato sauce into a 9- x 13-inch or 11- x 7-inch casserole dish. Spread about 1/4 cup of the cheese mixture along the length of each sheet. Roll up each noodle and cut in half.

Place in baking dish with the ruffled side of lasagna facing up. Pour the remaining 1/3 cup of the tomato sauce over and sprinkle with the grated mozzarella cheese.

Cover with foil and bake for 20 to 25 minutes or just until heated through and the cheese is melted. Serve hot.

Sweet 'n Sour Chicken Meatballs with Rice

PREP TIME: 30 MINUTES

COOK TIME: 30 MINUTES

Create your own healthy



Rose Reisman's Sweet 'n Sour Chicken Meatballs with Rice.

Asian fare at home. By using ground chicken, you reduce the calories, fat and cholesterol of regular ground beef, but feel free to substitute any meat of your choice for the chicken. I like to use the Heinz style of sweet chili sauce for this recipe, since it's not as spicy as Asian chili sauce. **SERVES 6**

INGREDIENTS:

- 12 oz ground chicken
- 1/4 cup finely chopped onion
- 2 Tbsp ketchup
- 5 Tbsp seasoned dry breadcrumbs
- 1 egg
- pinch of salt and pepper
- 2 tsp vegetable oil
- 2 tsp finely chopped garlic
- 1/2 cup chopped onion
- 1/2 cup diced red bell pepper
- 2 cup diced green bell pepper
- 1 1/2 cups tomato juice
- 2 cups pineapple juice
- 1/2 cup sweet chili sauce (Heinz)
- 2 Tbsp brown sugar
- 1 Tbsp cornstarch
- 1 cup white rice
- 1 cup water
- 1/2 cup diced pineapple (fresh or canned)
- 3 Tbsp chopped parsley

METHOD:

1. In a bowl, combine the chicken, onion, ketchup, breadcrumbs, egg and salt and pepper and mix well. With wet hands, form the meatballs, using about 1 Tbsp of the mixture for each.

Place on a plate and set aside.

2. In large saucepan, heat the vegetable oil over medium heat.

Add the garlic and onion and cook just until softened, about 3 minutes.

Add the bell peppers and cook for another 4 minutes. Add the tomato and pineapple juices, chili sauce, brown sugar, cornstarch and meatballs.

Cover, reduce the heat and simmer for 25 minutes, or until the meatballs are cooked through.

3. Meanwhile, bring the rice and water to a boil, then cover and simmer for 10 minutes. Remove from the heat and let stand for 10 minutes, covered.

4. Serve the meatballs and sauce over the rice. Garnish with pineapple and parsley.

About Rose



Rose Reisman is an author, media personality, nutritionist, and the inspiration behind a fresh food delivery service, Personal Gourmet, and new website, The Art of Living Well. Visit Rose at rosereisman.com & personalgourmet.ca



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The Hollywood Reporter is reporting that Chris Evans has officially been offered the role of Captain America. If the Fantastic Four actor were to accept the role, he would sign on for up to three Captain America movies. **PEOPLE.COM**

Entertainment

EDITOR: DEAN.LISK@METRONews.CA

The boy next door

Teen heartthrob Justin Bieber is just too cute to hate

TheAudioFiles

Bryan Borzykowski

metronews.ca/music

It may be just me, but I really want to hate Justin Bieber. The 16-year-old Canadian kid, in case you've been living under a rock, is one of the biggest musicians in North America right now.

He's everywhere — from chatting with Katie Couric and posing for the cover of Billboard Magazine to weeks being on Twitter's trending topics list, it's im-

possible not to run into something Bieber.

The oversaturation is not why I want to dislike the skinny, androgynous looking boy from Stratford, Ont., though it doesn't help. The reason? There isn't one — he's hard not to like.

Don't get me wrong, Bieber is obnoxious — he's got an odd speaking voice, sounding like a mixture of Jay-Z, suburban Canuck and cocky teen, and he's not doing anything for his fans' musical tastes, who are stuck singing eye-rolling saccharine pop that sounds like a mixture of Michael Jackson, 'N Sync, and every American Idol winner.

But Bieber's appeal lies beyond his mostly forget-

table melodies — the singer knows how to connect to his audience in a way most acts can only dream of.

What I like about Bieber is that he acts, sings and talks like a teenager, albeit a teenager who has countless adoring female fans and a travel schedule that takes him around the world. He talks about his mom a lot, he's never made it a secret that he was discovered via embarrassing videos of him playing what looks like an oversized guitar on YouTube (he's just really small) and he writes, cleanly, about the same, turbulent, adolescent love that we adults are happy to forget. How can you dislike a guy that sings "adore ya,

girl I want ya... you're my special little lady, the one drives me crazy?"

Bieber's new album, *My World 2.0*, closes with a ballad about seeing his girl out with another guy. "Did you think that I wouldn't see you out at the movies," he sings on *That Should Be Me*, before launching into a gut wrenching (for a pre-teen) chorus about how it should be him "holding your hand." At the risk of sounding condescending, the whole act is really cute.

And that's exactly why he's as popular as he is. More so than Justin Timberlake or New Kids on the Block, Bieber is the boy next door. He's not particularly handsome, he's got a faux-



Just Married!

Borat star Sacha Baron Cohen has married longtime girlfriend actress Isla Fisher, according to *Women's Day*. The ceremony reportedly took place in Paris, where the two spent a week at the Hotel Ritz. **EW.COM**



Justin Bieber, whose rise to fame has been meteoric, is poised for further success with the release today of his album, *My World 2.0*.

edge that many teenage boys put on for the girls, and he loves to hang out at the mall (or at least perform there). He's wholesome without being Disney — he's the kid who'll grow up to be a doctor or maybe an accountant. For everyone

wondering why this guy is so popular, there's your answer. And you know what? I can't fault him for playing to his audience.

Bryan Borzykowski is a business and entertainment writer. Follow Metro Music on Twitter @TheMetroMusic.

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HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/23/10	31	31	31	ABC	World News	Inside Edition	Chronicle	Lost "Recon" (HDTV)	Lost "Recon" (HDTV)	Lost "Ab Aeterno" (N)	The Middle (N)	Old Christine (11:06) V (N)
	7	7	7	ASN	The Road to Avonlea	Degrassi: Next	TMZ (N)	Laughs	Comedy Fest	CBC News: The National	The Hour	
	11	11	11	CBC	Wheel Fortune	Jeopardy! (N)	22 Minutes (N)	Laughs	Comedy Fest	CBC News: The National	The Hour	
	2	2	2	CBC-F	Pyramid (SC)	Union-force	Virginie (SC)	Laughs	Comedy Fest	CBC News: The National	The Hour	
	2	2	2	CBS	WBZ News (N)	Evening News	Wheel Fortune	NCIS (HDTV)	NCIS: Los Angeles	NCIS: Los Angeles	The Good Wife	
	69	69	69	CFTM	TV4 nouvelles	Le Cercle (SC)	La Fievre de la danse (SC)	Camera Café	Camera café	La Promesse (HDTV) (N) (SC)	TV4 nouvelles	
	6	6	6	CHIF	Entertainment	ET Canada	The Good Wife (HDTV)	NCIS (HDTV)	NCIS: Los Angeles	NCIS: Los Angeles	News Final (N)	
	9	9	9	CJCH	Lost "Ab Aeterno" (N)	Law & Order: Special Victims	American Idol The top 11 contestants perform.	American Idol The top 11 contestants perform.	American Idol The top 11 contestants perform.	Community Matters	CTV News	
	10	10	10	ELTV	OMJHL Hockey Round 1, Game 3 - Moncton Wildcats at Cape Breton Screaming Eagles.	Access H.	Extra (N)	American Idol The top 11 contestants perform.	American Idol The top 11 contestants perform.	American Idol The top 11 contestants perform.	American Idol The top 11 contestants perform.	
	36	36	36	FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Two/Half Men	Fox First
	12	12	12	NBC	News (N)	NBC News	Access H.	Extra (N)	Extra (N)	Extra (N)	Extra (N)	Parenthood (N)
	29	29	29	NW	(6) Power & Politics	The Lang & O'Leary Exchange	Greater Boston	Maria Hinojosa	NOVA (HDTV) (DVS)	CBC News: The National	Frontline	
	4	4	4	PBS-B	PBS NewsHour (N)	PBS NewsHour (N)	Business Rpt.	Worldfocus	John Denver: The Wildlife Concert	Flashpoint (SC)	L'Attaque à 5	
	35	35	35	PBS-D	PBS NewsHour (N)	PBS NewsHour (N)	Business Rpt.	Worldfocus	John Denver: The Wildlife Concert	Flashpoint (SC)	L'Attaque à 5	
	68	68	68	TQS	Guerre clans	Alomex croch	Big Brother QC	Roxy (SC)	CSI: NY (SC)	Squeeze Play	Business News	
	23	23	23	BNN	Headline	Market Call Tonight	Market Call Tonight	Market Call	Market Call	Market Call	Market Call	
	18	18	18	CNN	Situation Room-Wolf Blitz	John King, USA (N)	John King, USA (N)	Campbell Brown (N)	Campbell Brown (N)	Campbell Brown (N)	Campbell Brown (N)	
	54	54	54	GOLF	Golf Central	Learning	Inside PGA	Golf Tavistock Cup, Day 2 (HDTV)	Golf Tavistock Cup, Day 2 (HDTV)	Golf Tavistock Cup, Day 2 (HDTV)	Golf Tavistock Cup, Day 2 (HDTV)	
	52	52	52	RSE	Connected W-Prime Time	MMA Conn	NHL Hockey Philadelphia Flyers at Ottawa Senators (HDTV) (Live)	Court Surfing NBA news, scores and highlights.	Court Surfing NBA news, scores and highlights.	Court Surfing NBA news, scores and highlights.	Court Surfing NBA news, scores and highlights.	
	55	55	55	SCOR	WWE SmackDown!	NASCAR	NASCAR	Race in 60 (HDTV) (N)	Monster Jam (HDTV) (N)	Monster Jam (HDTV) (N)	Monster Jam (HDTV) (N)	
	45	45	45	SPD	Barrett-Jackson 2006	NASCAR	NASCAR	Race in 60 (HDTV) (N)	Monster Jam (HDTV) (N)	Monster Jam (HDTV) (N)	Monster Jam (HDTV) (N)	
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	World Series of Poker	World Series of Poker	World Series of Poker	World Series of Poker	
	44	44	44	FAM	Han, Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han, Montana	Wizards-Place	
	43	43	43	TOON	Jimmy Two	Johnny Test	Johnny Test	Total Drama	6TEEN	Futurama	King of the Hill	
	26	26	26	TREE	The Wonder	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	
	27	27	27	YTV	iCarly	To Be Indie	iCarly	Scorpion	Malcolm-Mid.	Hates Chris	8 Simple Rules	
	16	16	16	A&E	The First 48 (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	Criminal Minds (HDTV)	
	70	70	70	APTN	APTN National News (N)	Fish Out of	Mixed Blessing	Cashing In	Rabbit Fall	Pathfinder ** (2007, Adventure)	Karl Urban	
	50	50	50	BET	106 & Park: BET's Top 10 Live	Live at the Rehearsal Hall	Amer. Funniest Home Videos	Reba	Reba	Reba	Reba	
	37	37	37	BRVO	Emily of New Moon	Live at the Rehearsal Hall	Amer. Funniest Home Videos	Reba	Reba	Reba	Reba	
	25	25	25	CMT	CMT Star	CMT Star	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	
	49	49	49	COM	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	Just for Laughs	
	153	153	153	COURT	Missing Link	Missing Link	Missing Link	Missing Link	Missing Link	Missing Link	Missing Link	
	38	38	38	DISC	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	Destroyed	
	34	34	34	HGTV	Extreme Makeover: Home	House Hunters	Property Virgin	House Hunters	House Hunters	House Hunters	House Hunters	
	46	46	46	HIST	Ancients Behaving Badly	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	Ancient Discoveries	
	17	17	17	MM	Buffy the Vampire Slayer	Gossip Girl (HDTV) (N)	The Daily Fix	The Daily Fix	The Daily Fix	The Daily Fix	The Daily Fix	
	19	19	19	MMM	mmtp10.ca	The Daily Fix	The Daily Fix	The Daily Fix	The Daily Fix	The Daily Fix	The Daily Fix	
	201	201	201	M1	Ring of Deceit (2009, Suspense) (HDTV)	The Meerkats (2008, Documentary)	Destination Truth	House-Payne	House-Payne	House-Payne	House-Payne	
	48	48	48	OLN	Mantracker	Ghost Hunters	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	
	51	51	51	PEACH	Friends	Seinfeld	Family Guy	Family Guy	Family Guy	Family Guy	Family Guy	
	206	206	206	PIX	(6) Hart's War ** (2002, War)	The Life and Hard Times of Guy Fawcett	Grandes reportages (SC)	The Perfect Child (2007, Drama)	Rebecca Budig.	Rebecca Budig.	Rebecca Budig.	
	67	67	67	RDI	RDI économie	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter	Relic Hunter	
	39	39	39	SHOW	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	Trailer Park	
	40	40	40	SLICE	Whatever	Wedding SOS	Rich Bride Poor Bride	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	Star Trek: Voyager	
	47	47	47	SPACE	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	Stargate SG-1	
	14	14	14	SPIKE	CSI: Crime Scene Investg.	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	UFC Unleashed (HDTV)	
	98	98	98	STAR	talk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The Ellen DeGeneres Show (N)	The Ellen DeGeneres Show (N)	
	21	21	21	TLC	Say Yes, Dress	Say Yes-Dress	Ultimate Cake Off	19 Kids and Counting	19 Kids and Counting	19 Kids and Counting	19 Kids and Counting	
	56	56	56	TRIP	End of Leash	Last 10	The Celebrity Apprentice (HDTV) (N)	Decouvrir le monde	May-December	When I Laugh	When I Laugh	
	20	20	20	TVS	Que-champion	Journal de Fr2	Horizons (SC)	Decouvrir le monde	May-December	When I Laugh	When I Laugh	
	28	28	28	V	Just Cause	Murder, She Wrote	Cold Case	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags	
	60	60	60	VIVA	Psychic Inv.	Ghostly Enc.	Supernanny	Shopping Bags	Shopping Bags	Shopping Bags	Shopping Bags	
	22	22	22	W	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	House-Sell	
	251	251	251	WGN	WGN Evening News	Two/Half Men	Family Guy	Two/Half Men	Family Guy	Two/Half Men	Family Guy	

critics' corner

Johnny Cash: A Concert Behind Prison Walls
His Folsom Prison concert was his most famous gig behind bars, but it wasn't the only show the Man in Black did for prisoners. In this performance from 1977, Cash is joined by fellow country singer Roy Clark and pop star Linda Ronstadt. Songs include Cash's "A Boy Named Sue," "Sunday Morning Coming Down" and — of course — "Folsom Prison Blues," as well as Ronstadt's "You're No Good," although singing that to felons seems a bit harsh. 9 PM on BRVO



Parenthood
Adam and Kristina (Peter Krause, Monica Potter) resort to questionable tactics as they investigate Haddie's (Sarah Ramos) secret relationship. Jabbar (Tyree Brown) has an accident under Crosby's (Dax Shepard) watch. Sarah (Lauren Graham) is at a loss about how to deal with Drew's (Miles Heizer) budding maturity. Julia and Joel (Erika Christensen, Sam Jaeger) are reluctant to let Amber (Mae Whitman) baby-sit for them in the new episode "Wassup." 11 PM on NBC

Run Shia run

Shia LaBeouf ran the Los Angeles Marathon in less than five hours on Sunday. The Transformers actor ran the 26.2 mile race to raise money for charity US VETS in four hours, 35 minutes. **METRO NEWS SERVICES**



DVD picks

Fantastic Mr. Fox

Directors: **Wes Anderson**

DIRECTOR/WRITER Wes Anderson and co-writer Noah Baumbach make a few modest changes from Roald Dahl's eponymous

source novel about a furry chicken thief, but they remain faithful to Dahl's good spirit and sense of wonder at the natural world.

At first glance, it's somewhat puzzling that Anderson, a dedicated hipster

Texas filmmaker now living in chic Parisian exile, would be attracted to Dahl's British bedtime story. But the mystery is resolved soon. Mr. Fox, voiced by George Clooney, is as hip as they come. As we join the story, Mr.

Fox is having a vulpine mid-life crisis. He's a successful and snappily dressed newspaper columnist, loyal spouse to Felicity (Meryl Streep) and devoted father to son Ash (Jason Schwartzman). But he's no longer happy living

in a hole and wants to relocate to fancier digs in a hilltop tree and he's eager to return to a life of "pure wild animal craziness." Mr. Fox plans the proverbial "one last big job" both to replenish the larder and to prove he still has foxy

cojones.

With an engaging story, painstaking retro stop-action animation, an agreeably perverse soundtrack and dreamy colour palette, Fantastic Mr. Fox is a crowd pleaser for all ages.

Peter Howell/for Metro Canada

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Josh Duhamel and his wife Fergie will be parents one day. Just not yet, people.com reports. "We'll go there are some point," he said at the ShoWest convention in Las Vegas, while promoting his movie *Life As We Know It*. **METRO NEWS SERVICES**

Celebrity Buzz

Idol wants Conan

HOPEFULLY SIMON GIVES HIS TAKE ON NBC AND LENO The Hollywood Reporter's Live Feed is reporting that Conan O'Brien was approached to appear on the special American Idol Gives Back on April 21.



Though it would appear O'Brien can't accept given his settlement terms with NBC that prohibit him from making any TV appearances before May 1, the offer is still an intriguing development in the ongoing talks with Fox about a potential late-night show for O'Brien on the network, adds Entertainment Weekly.

METRO NEWS SERVICES

Brangelina, Depp playdate

JUST A SHORT TRIP TO ITALY TO SEE YOUR FRIENDS Talk about a power playdate. On Sunday, Brad Pitt and Angelina Jolie took four of their kids — Maddox, Pax, Zahara and Shiloh — to John Depp's



house in Venice, Italy. Depp, 46, who has two kids, Lily-Rose and Jack, with longtime partner Vanessa Paradis, us-magazine.com reports. Jolie, 34, and Depp, 46, are currently shooting the dramatic thriller *The Tourist*.

METRO NEWS SERVICES

Kate casting surprised partner

YOU THINK HAVING EIGHT KIDS WOULD MAKE HER TOO BUSY FOR DANCING Tony Dovolani was the only one in the dark. The *Dancing with the Stars* pro says he doesn't read casting rumours about the show, so the possibility of working with Kate Gosselin never crossed



his mind, tvguide.com reports. "Everyone was thinking that except me," he tells tvguide.com. "I don't read rumours. If you do and set your heart on somebody and don't get them, or it turns out the person is not doing the show, then you're disappointed even if you get somebody great."

METRO NEWS SERVICES

Lavigne, Whibley reconnect

CANADA'S SONNY AND CHER? Despite filing for divorce last year, Avril Lavigne and Deryck Whibley seemed to be enjoying each other's company during a night out in L.A. recently that in-



cluded drinks at the Chateau Marmont and ended at a tattoo shop at 1 a.m., according to TMZ. Sources say the pair seemed a little tipsy when they entered the shop — and when they emerged later, each sporting a bandaged forearm.

METRO WORLD NEWS

McGee says James is a gentle, nice guy

YEAH AS LONG AS YOU AREN'T MARRIED TO HIM Jesse James' alleged tattooed mistress Michelle McGee hasn't been in contact with the biker, 40, since news broke of their affair last week, us-magazine.com reports. But over the weekend, she praised him for the way he treated her during their alleged 11-month affair.

"He was a nice guy — most guys who do what he does have an attitude," she told the New York Post. "But he was gentle."

But she told the Post



right now she is more concerned about a custody battle with her ex-husband Shane Modica over their five-year-old son, Avery.

On Saturday, McGee — who reportedly has returned to work at the Pure Platinum Strip Club in San Diego — visited her son, who was with his father in San Diego. As she said goodbye, she planted a kiss on Avery's cheek.

In court papers filed Friday,

Modica asked for temporary and legal custody of the boy, whom he said was in danger in light of McGee's sex scandal.

"If she sees Avery, she will bring these curiosity seekers and glory hounds down on herself and Avery, totally confusing him and frankly scaring him," Modica wrote in legal papers. A judge denied Modica's request.

Meanwhile, James (who's still wearing his wedding ring) returned to work at West Coast Choppers over the weekend. Bullock, 45, is still M.I.A.

METRO NEWS SERVICES

Neeson 'heroic': Egoyan

A HERO ON AND OFF THE SET Liam Neeson has been called "heroic" by Chloe director Atom Egoyan, femalefirst.co.uk reports.

Neeson was working on the movie alongside Julianne Moore and Amanda Seyfried when his wife Natasha Richardson died after a skiing accident. Despite troubles in his private life the actor returned to work to com-



plete the movie *Chloe*.

Speaking to Contactmusic the director said: "We tried to protect him. No one knew when exactly he was coming back, but he was nothing less than heroic, especially considering the

story. "He wasn't forced to come back. No one tried to talk to him about what happened. He's an amazing man."

Since the death of his wife the actor has thrown himself into work and has a string of projects on the horizon. He will next be seen in Louis Leterrier's remake of *Clash of the Titans*, in which he takes on the role of Zeus.

METRO NEWS SERVICES

Doherty arrested ... again

AND HERE IS ANOTHER SHOCKER, IT'S DRUG RELATED Pete Doherty has been arrested on suspicion of supplying drugs to dead heiress Robin Whitehead, femalefirst.co.uk is reporting.

The 31-year-old Babyshambles rocker attended a police station voluntarily to face the charges on Friday.

A



spokesman for the London Metropolitan Police said: "A 31-year-old man was arrested on March 19 on suspicion of supplying controlled drugs. He was bailed to return on a date in

April pending further inquiries."

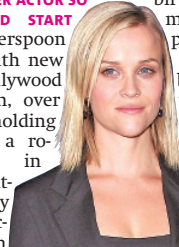
Whitehead had been working on a documentary about Doherty before she died of a suspected overdose in an east London flat on Jan. 24. Doherty previously admitted he visited the property the day before and the day after she died but claimed he stayed at his home in Wiltshire in between those times.

METRO NEWS SERVICES

Reese finds herself a new man

HE'S NOT ANOTHER ACTOR SO THAT'S A GOOD START

Reese Witherspoon stepped out with new boyfriend, Hollywood agent Jim Toth, over the weekend, holding hands during a romantic stroll in Ojai, Calif., Saturday — the day before the actress' 34th



birthday, us-magazine.com reports.

The two have been together about two months, shortly after her split from Jake Gyllenhaal. A source recently told Us Weekly they "started as friends, and

it developed into more."

Toth, 39, works as an agent at L.A.'s Creative Artists Agency, and though Witherspoon is with CAA, he doesn't represent her.

"It's hot and heavy," a source recently told Us. "They've been on some dates and she's been to his house," added a Toth source. "Jim's a charmer."

METRO NEWS SERVICES

Follow these celebrities on Twitter...

CelebTweets

LINDSAY LOHAN doesn't appreciate her dad talking to the press, **LILY ALLEN** is experiencing technical difficulties, **STAR JONES** is trying to enjoy her time in the hospital, and **JIM CARREY** doesn't know what to tell his girlfriend.

@lindsaylohan my father is a liar, and whatever new weekly magazine is, is all false! typical tabloid(s).

@lilyroseallen TalkTalk.5 months subscription, 300 quid in phonecalls and still no Internet, please send engineer! Meanies.

@StarJonesEsq Thank you for all the good wishes and prayers...I feel them all. By the way...who knew ice chips could taste like steak! hahahahaha

@JimCarrey no joke...Jenny wants to know why some guys cheat on their women, for her new book on sex, anybody?



METRO NEWS SERVICES

Naomi embarrassed about past actions

BUT THEY ARE THE ONLY REASON PEOPLE STILL TALK ABOUT YOU

Naomi Campbell is taking the opportunity of her upcoming 40th birthday for a bit of reflection and introspection, admitting she's embarrassed by some episodes from her past.

"I'm human, I make mistakes," she tells *Live* magazine. "I'm not proud of the things I've done and the incidents that have happened in my life, and I would never say I was." Over the years, Campbell has become as famous for her fiery temper as she is for her beauty.

"I'm not shirking blame for any of the things I did," she says. "I'm responsible for my actions. But I'm also responsible for making changes."



METRO WORLD NEWS

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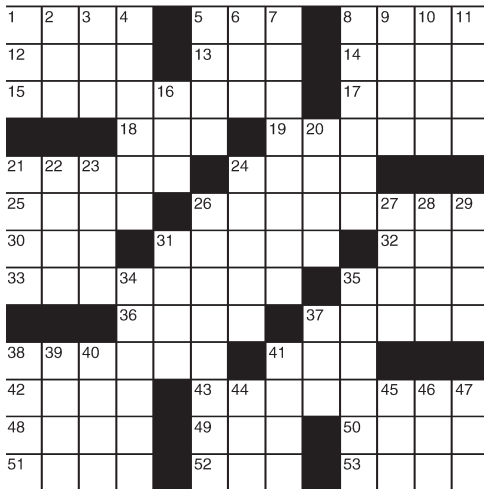
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Take Five



ACROSS

- 1 Hook point
- 5 Conclude
- 8 Data, for short
- 12 Concept
- 13 Hawaiian garland
- 14 Harvest
- 15 Favorable spots for viewing
- 17 Slime
- 18 Bart, to Homer
- 19 Put in cans
- 21 Wan
- 24 Mata —
- 25 Urban disturbance
- 26 Melodic jewelry holder
- 30 Carte lead-in
- 31 Kinds
- 32 Gorilla
- 33 Sports page grid
- 35 Small songbird
- 36 Oodles
- 37 Gladiatorial venue
- 38 Actress Hedy
- 41 Palindromic Turkish title

- 42 Addict
- 43 TV, slangily
- 48 Squad
- 49 Turf
- 50 Sharpen
- 51 Wild and crazy
- 52 Ram's mate
- 53 Raced

DOWN

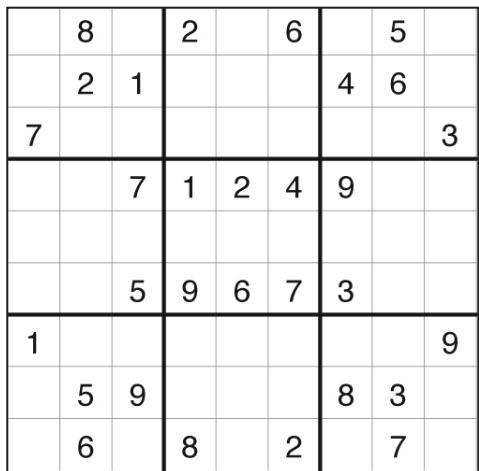
- 1 Tucker's partner
- 2 Commotion
- 3 Tyrannosaurus
- 4 Hound type
- 5 Verve
- 6 Badminton barrier
- 7 Aversion
- 8 Kind of funny
- 9 Night light?
- 10 Disconcert
- 11 Newspaper page
- 16 A billion years
- 20 Rainbow
- 21 Bedouin
- 22 Missile shelter
- 23 Welles' "War of the Worlds,"

- e.g. 24 "Step on it!"
- 26 Twilight occurrence
- 27 Naked
- 28 Tournament format
- 29 TV's "Warrior Princess"
- 31 Wound reminder
- 34 Smugly ingratiating
- 35 Angers
- 37 Past
- 38 Figure skating jump
- 39 On the briny
- 40 Intend
- 41 Staffer
- 44 Part of DJIA
- 45 Jazzy style
- 46 Inseparable
- 47 Crossed (out)

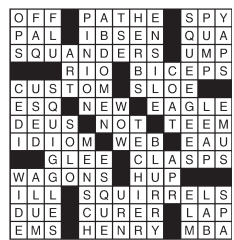
Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



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Metro Recipe of the Day



Smoked Salmon Pancakes

INGREDIENTS:

- 1 1/4 cups 1% milk
- 3/4 cup sour cream
- 1 tsp lemon juice
- 2 eggs
- 4 scallions, chopped
- 2 large sprigs fresh dill
- 2 cups all-purpose flour
- 125 g smoked salmon trimmings, cut into fine strips
- Canola oil
- Snipped chives, to garnish

METHOD:

1. Use fork to whisk 2 tbsp sour cream and lemon juice into jug of milk. Pour half into blender. Add scallions and eggs; blend 1 minute. Add dill and flour; blend until smooth with pieces of scallion and chopped dill. Add remaining milk mixture and blend. Stir in 50 g salmon and season with black pepper.

2. Preheat oven to 300°F.

Heat frying pan to medium hot; add oil and swirl to coat. Spoon in 2 tbsp batter to make pancake 3 1/2 in. across. Make two or three more, spacing slightly apart. Cook until small bubbles appear on surfaces and tops are dry. Turn over and cook about 1 minute. Remove from pan and keep warm in oven on baking sheet. Repeat for remaining batter.

3. Put teaspoon of sour cream in centres of pancakes, then top with slivers of smoked salmon and garnish with chives. Serve.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES
MARCH 21-APRIL 20
You take a more relaxed and balanced view of life, which in turn enables you to get what you want without causing friction or making enemies.

TAURUS
APRIL 21-MAY 21
Just because one person has let you down does not mean that everyone is going to let you down. Try not to be too critical of other people today.

LIBRA
SEPT 23-OCT 23
Venus is moving through the relationship area of your chart, which means others will see the best in you even when your behavior is at its worst.

SCORPIO
OCT 24-NOV 22
Routine tasks will bore you today, but they have to be done so you are advised to get your head right and get on with them.

GEMINI
MAY 22-JUNE 21
Listen to your instincts: they won't let you down. The experts may tell you one thing but it is your inner voice you must trust.

SAGITTARIUS
NOV 23-DEC 21
The planets indicate there is only one of what you want, so you had better make sure you are first in line. A more dynamic approach is a must today.

CANCER
JUNE 22-JULY 22
Be nice to the people you work with. You may resent the fact that some of them are lacking in talent and motivation but they are different for a reason.

CAPRICORN
DEC 22-JAN 20
If someone you have not been getting along with lately says nice things about you today you will be suspicious about it. But there is really no need.

LEO
JULY 23-AUG 23
The reason why certain new ideas look less threatening than they did a few days ago is because you are beginning to understand what they are all about.

AQUARIUS
JAN 21-FEB 18
Someone who may not be able to say how they feel in words will find another way to express their love. Are you listening?

VIRGO
AUG 24-SEPT 22
Today you have to deal with an annoying situation without allowing yourself to get annoyed by it. Take the long view and stay calm.

PISCES
FEB 19-MARCH 20
Why the big rush? Why the long face? Slow down for a minute and allow yourself to see that what you think is so urgent is nothing of the sort.

This day in history

- 1775: American Revolutionary War: Patrick Henry delivers his famous speech — "Give me Liberty, or give me Death!" — at St. John's Church in Richmond, Va.
- 1857: Elisha Otis's first elevator is installed at 488 Broadway, New York City.
- 1919: In Milan, Italy, Benito Mussolini founds his Fascist political movement.
- 1956: Pakistan becomes the first Islamic republic in the world. (Republic Day in Pakistan)
- 1989: Stanley Pons and Martin Fleischmann announce cold fusion at the University of Utah.

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